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GUIDE TO HEALTH

DESIGNED FOR

Families and Others.

CONTAINING

A SHORT AND CONCISE MODE OF TREATMENT FOR MOST FORMS OF
DISEASE TO WHICH MAN IS LIABLE, WITH
SANATIVE AGENTS.

TOGETHER WITH

THOSE TO WHICH WOMEN AND CHILDREN ARE PECULIARLY LIABLE

By JAMES J. DAVIS, M.D.,

STATE OF GEORGIA, TERRELL COUNTY.

NEW YORK:

OAKLEY AND MASON

21 MURRAY STREET.

1868.

L. C. Dup.
Order Div.

29973

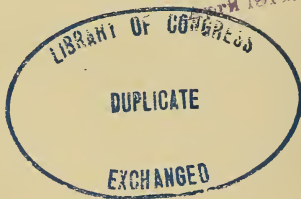
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P R E F A C E .

THIS treatise is designed specially for families and such as cannot conveniently have the advice and aid of a skillful and faithful physician, to advise and direct upon the very important subject of avoiding disease and promoting health. The author has witnessed, with sorrow and regret, for a length of time, the great vacuum and want of a more extended knowledge upon this subject, the one thing needful more than all other earthly topics ; and he has been astonished, while reflecting upon this matter, why it is, in this enlightened age, and especially in this free and republican nation where there is every inducement to learning, and where the means to acquire knowledge are so abundant, that the people, taken in mass, have fallen into such a state of apathy and carelessness upon the subject of health, (in which every man, woman and child is interested,) while almost every other topic in which individuals are severally concerned, is diligently sought into ; and yet without health none can be enjoyed ; and in looking for the cause of this state of things, he has been led to view it as the effect of the galling chain fastened upon the necks of our forefathers, during the dark and superstitious ages, when medicine was taught and believed to be a secret, a gift from the gods (their idols) to a favored few ; and that the people

have not been entirely freed from this bias under the present teachings; for although the teachings of this age do not hold medicine and the healing art to be a secret gift, of the various supposed powers, to a favored few, yet it is not taught as a gift from God, a common right to all, bestowed by a wise Creator from the foundation of the world, of which even the beasts seem to possess some imperfect knowledge by instinct; and until medicine is taught and understood correctly, this bias will perhaps be upon the people; howsoever deplorable and inconsistent this state of things may appear, yet the fact proves that thousands are yielding their most delicate secrets, and vital temporal interests to the care of uninterested persons, only as they are made interested through their profession—and until there is a willingness manifested by professional men to free the minds of the people from every improper bias, and to remove every cause of darkness or misunderstanding, doubts may arise whether they are worthy to receive such high trust; a man ought to love his neighbor as himself, yea more than his money.

It is truly pleasing to every philanthropic mind to see the many laudable efforts manifested by feeling and sympathizing doctors to give the people light upon the subject of medicine and the healing art, yet we have to deplore their want of success; but no one should falter because the desired object has not been accomplished at once. Let the cause of the failure be looked into, and renewed energies displayed. Let medicine be viewed as a gift from God, perfect in its nature, never to be a poison.

The paradox and incongruity of calling a medicine a poison, and recognising a virulent poison as a medicine,

must always engender darkness rather than light. Free it of these inconsistencies and strip it of technicalities, and light will spring up to the people. Witness the dilemma that (that eccentric but yet somewhat quaint writer) Dr. Gunn has thrown his readers into. See pages 12, 407 and 564-5, and other parts, "Domestic Medicine," 7th edition. Hear a caution from a writer on the soil of the South, July No. 1859, page 229.

The last writer tells his readers, by way of caution, "The negro has less vital reaction than the white man, and cannot bear active treatment so well;" and further, he says, "Excessive physicking is a common error in domestic practice both among whites and negroes, and thousands are thus hurried to their graves annually." No doubt the advice is given in candor and honesty, (for he says he is preparing a domestic work,) but I ask, is it enlightening and encouraging? or is it bewildering and discouraging? Does it not imply that medicine is an uncertain and a dangerous thing? Doubtless he has a view of poisons when he speaks as he does, and poisons and sanative medicines ought not to be blended together in a family work, designed to enlighten and benefit. Simple truth seems to be this: if you wish the people to be enlightened upon this subject, teach them in plain, unmythified terms what medicine is, and how to use it, and teach them what poison is and how to avoid it; but if you wish them to use a poison, tell them it is a poison, and of what degree of virulence, and give the reason why you think they should use it. If you wish them to use a poison and a medicine, teach them how you combine them and why you do it. The people would then have all the light you could afford, they could judge

for themselves and their minds be at ease ; but if the profession loves the pre-eminence and longs for the loaves and fishes, let them call poisons. medicines ; cloak their names in technical terms unknown to the people ; let them use poisons for medicines, and combine poisons and medicines together. Tell the people there is danger, let them see the danger and feel the danger, and you will in all probability have the honor of prescribing for the sick. But how many desire honor at so great a sacrifice of the people ? For charity's sake, I hope the larger portion of the honorable profession of doctors would scorn to have undue pre-eminence.

The author, believing, as he does, that God, who possesses all wisdom, and whose power is unlimited, and whose work is before Him, and who saw the end from the beginning, who is plenteous in mercy and slow to anger, and who has given laws to govern man in his physical station as well as in his moral conduct, the violation of which brings pain, disease, and ultimately, death ; believing that He has also given him means to alleviate his pains and avoid disease to a limited extent, and has also endowed man with reason and a retentive memory to improve upon these means by experience, will therefore adhere strictly to the above prescribed course, according to the best of his understanding, in presenting to the world a book for a family reference and guide ; trusting that his readers will allow him to claim an honorable zeal in trying to do good, to relieve the distresses of the distressed, and to save a useless expense, perhaps of many millions, in the bounds of these United States. Give the people the light upon this subject, which I cannot conceive but what they are entitled to, and how

much of this enormous expense might be saved ? and how many long and lingering cases of disease might be avoided, to say nothing of untimely deaths as they are called ? and the physician occupy a more elevated station, and a quiet conscience to go to sleep upon.

The object of the author in the plan of this work, has been to combine brevity and force with simplicity and clearness ; prolixity and too much niceness is doubtless objectionable in a work of the character of this, both as enhancing the price of the work, and encumbering the minds of many readers ; but he is aware that in too strenuously avoiding this error, he may commit another, *i.e.*, fail to give that light and force which a work of this kind necessarily demands. But if the work shall find favor with his friends and fellow-sufferers, and shall aid in any degree to mitigate their sufferings, and a second edition be called for, if the Lord permit he will rectify what is found defective in this.

PRELIMINARY REMARKS.

MAN, the excellent creature of God, made in his own image, possessing reason and endowed with knowledge, and ruling over all things upon earth, yet finds himself in darkness as to his origin and destiny, which reason alone cannot dispel; and much of that with which he has to do in time, is a dark future and an uncertain now; and every effort made to dispel it without the light of Revelation, tends but to engulf him further and further in this labyrinth of irrecoverable ignorance. But God, who has created and preserves *man*, is rich in mercy, therefore He has given to the sons of men, Adam's posterity, the Book of Revelation called the Bible. In this book light is afforded which becomes a soothing resting place for the weary, faltering mind of man, that is worn out by fatigue in seeking whereon to rest; but like Noah's dove, finding none elsewhere, it can find it only in this ark. And not only is the Bible a resting-place for the mind of man while searching for information as to his being and destiny, but it is a starting point for science and philosophy; and all theories which do not have this as a basis, whether medicine, law, or any other science, may be set down as imperfect; for it will be liable to be overturned, amended or superseded. This has been and must ever be the result of all speculations.

Science proper is but a correct knowledge of the laws which God has given to govern all created matter ; and as God is perfect his laws are perfect also, for an imperfect law cannot proceed from a perfect law-giver ; and as man is imperfect by rebellion and sin he cannot understand perfection. Therefore, as God's laws are perfect, man can have a perfect understanding of them only as they are revealed to him from God, who only is perfect. And as God has given the Bible to the fallen sons of Adam, by revelation, it is a correct and only source of proper information ; therefore it must be the basis of all correct science.

Man is under obligations to praise God, and ought to praise Him for his goodness and wonderful works to the children of men. It may, however, be argued by some that most of the science extant is the result of reason, without the light of Scripture. To which I will answer that every science that has proved correct and continuous, has, as a basis, the principle of *unchangeability*, which principle is founded alone in God, as the Bible declares ; as He is unchangeable so are his laws unchangeable also. Hence correct science must have harmony between cause and effect. Some systems may have the rays of light of the Scripture intertwined with reason, and for a time may, like polished metal, show very bright ; but as reason is intertwined, it acts like salt to metal, it corrodes and eats like rust. When reason intercepts the rays of light of Revelation, the beauty of the system sinks and dies away, and is lost or superseded. God has nowhere authorized man to look for a cause, but in Him, of anything that is good or correct, nor for an end without Him. The Book of God contains all the authority given to

man to seek information, either as to his peace and happiness in time or his state hereafter ; that is, in seeking for this information, we must not come in contact with the Scriptures. Reason is good and refreshing while it accords with Scripture, but in contact with the Scripture, or in other words without the light of Scripture, it is like a whirlwind or a burning volcano, it turns in every direction, and sends forth destruction wherever it goes. In the Scriptures we learn that man was made upright and very good—he was happy, he knew no pain, and no sentence of death was over him ; the products of the earth and all the living creatures on it, were placed under his control ; all was given to him for his use, and all tended to promote his happiness. Of one tree only was he forbidden to eat ; he was informed by his Maker that eating of that tree he should die ; his state would be changed ; instead of happiness, torment was to be his state ; sin, whose wages was death, was to be over him, with all its consequent effects—pain, disease, and death. But the woman, man's helpmate, his wife, was persuaded by the serpent that what God had said was not true, they would not die, but instead of death he persuaded her that they would become wise, and become as gods ; consequently she was deceived and partook of the forbidden tree, and did eat, and she gave to her husband also, and he not being deceived, yet partook and did eat, and thereby brought sin upon himself, and entailed it upon his posterity, with all its consequent evils. The earth was cursed for man's sake. It was to bring forth that which was to annoy him, and accelerate his pain and death, for the irrevocable decree falls on him, " From dust thou art, and unto dust thou shalt return."

In this rebellious and sinful state man seems to be, as it were, surrounded with influences of death and influences of temporal life ; one serving to sustain and support animal life, the other tending to dissolution or the destruction of that life. The breath of life is yet in man, and the right to have dominion over beasts of the field and fishes of the sea and fowls of the air, as well as the right to have the fruit of the tree and the herbs of the field for food, yet continues (except the tree of life). These all serve to support and maintain animal life or temporal existence ; whilst the curse of the earth and the sentence of death unite and send forth influences which tend to destroy animal life and temporal existence. These influences are termed laws of nature, because they are given by the Author of life, the Creator of all things. They are regular in their operations and unchangeable in their effects. If a man puts his hand in the fire, the regular and constant effect is that the corrosive or burning influence of the fire will overcome the vital principle and destroy life. So if he was to confine it in ice the effects would be equally regular and fatal, but the operation different. The laws tending to the support of animal life can only predominate a limited time, but during that time man has a right to try to sustain those laws, and it is his duty to do so ; for a gracious God, through the merits of his Son, has granted this favor, and also placed in man an instinctive love of life and dread of death. The Scriptures inform us that as by the offence of one (man) judgment came upon all men to condemnation, even so by the righteousness of one the free gift came upon all men unto justification of life. Therefore no man can be excusable who care-

lessly neglects to seek to understand the laws that support life, or that does not try to sustain them as far as in his power lies, and to be equally careful to avoid the influence of those that produce death. Man should not be presumptuous nor slothful; his allotted time seems to be a kind of a probationary state. The forces or laws of nature, which tend to the support of natural life require air, food, water, light, and heat, together with exercise and rest. The first of these were granted to man in his primeval condition, the two latter mostly after his fall. When a proper combination of these influences are present and properly exercised, they resist for a time the ordinary influence which seeks the destruction of animal life, or the dissolution of the body. This state is termed health, which is, correctly speaking, a blessing. Physically speaking, it is a forced state, that is, it has no inherent principle by which it can maintain itself without the aid of other forces. The forces, whose end is the dissolution of the animal body or the destruction of natural life, may be grouped together as follows: corrupted passions, as fear, dread, anger, jealousy, etc.; excessive heat, cold, etc.; mechanical influences, as wounds, bruises, etc.; and lastly, poison both aerial, mineral, animal and vegetable. These influences, separately or combined, when they predominate over those of health, produce pain, disease, and ultimately, death. Disease, then, is chastisement inflicted, because of a violated law or laws. Physically it is a weakened state of animal power, an enervation of the nervous system.

The author, believing, as he does, that it is the duty of men to support or sustain the first system of laws, as far as the means are placed within their power, and to avoid

the influence of the latter set of laws to the same extent, will notice each separately, and as concisely as his ability and circumstances will allow.

AIR—is a fluid filling all space round the earth to an indefinite height. It is that by which the breath of life is supported, and without which it would instantly cease. When pure, or unimpregnated with any aerial poison, it is called healthy air or atmosphere, because it contains properties necessary for health, some of which are taken into the system; others have affinities for deleterious matters in the system, and take them from it. But the air is liable to take up a poisonous gas or matter called miasm or malaria (and specific poisons, as small-pox, etc). This miasmatic poison is produced from decaying and decayed animal and vegetable matter, which decay requires a certain degree of heat and moisture; but when it takes place, the particles of decayed matter become gaseous, rise and float in the air; and in proportion to the quantity and quality of matter to undergo decay, and the rapidity or tardiness with which that decay takes place, so the place, section, or country, is considered healthy or unhealthy. This is the general law, but it is modified by other circumstances, such as the tendency of the air to purify itself; and in passing through a thick woodland country, with luxuriant vegetable growth, many of the poisonous particles are intercepted, taken up, and converted into the support of vegetation.

Locality.—The author therefore holds it as a point of first importance to consider well the location selected for a residence, both as it regards the woodlands and the ease and rapidity for the flow of water from it; and he is furthermore led to believe, from observation and other sources of information, that in all hot, flat and fer-

tile sections of country, that an unbroken forest, situated to the east and south of the residence, to any extent that may be convenient, will have a salutary influence ; and upon this principle let all manure lots be placed, as far as convenience and circumstances will allow, to the north or north-west ; let the effluvia be kept from the dwellings as much as possible. It is the exhilarating or vivifying particles of manure to vegetables that are the most poisonous to man, and they are generally the most volatile. Therefore, any means that will prevent the escape of these rich particles of manure will aid to keep the atmosphere pure. Let the manure be removed as soon as the circumstances will allow ; let all filth be kept from the dwelling if possible. By observing these rules, we aid as much as in us is to keep the surrounding atmosphere pure.

But there is another circumstance worthy to be observed, that is, the miasm generated in the house, which, when confined long, is very pernicious. This is produced from the worn-out particles of the system thrown off in sweat, through the breath, etc., etc. To destroy this miasm, let the house be ventilated with fresh air ; a brisk (lightwood) fire night and morning, kindled in the fire-place, but not kept high enough and long enough to heat the room, in warm weather, will aid to destroy this gas. Washing the clothes, sunning the beds, and ablutions to the house, etc., are the means mostly to be relied on. It is obvious man has but a very limited power in purifying the air, or in keeping it pure, yet he is as much bound to observe and carry out the means he has, as though the whole was under his control. His power is limited, his means are local ; but he that prevents a local disease may sometimes prevent an epidemical attack ; because a

local affection often leaves the system more liable to such an attack.

FOOD.—Food is any substance which when taken into the stomach and digested, evolves heat and life. Food for man consists of animal and vegetable substances ; and when properly prepared it enters the stomach and comes in connection with another substance called the gastric juice ; it then undergoes a radical change, and is transformed into a liquid called chyme, from thence it passes on and receives other juices from the liver, pancreas, etc., by which another change takes place, and it is called chyle ; it is then taken up in other smaller vessels, and passes from one to another, changing, as it goes, from blood to muscles, bones, fat, etc., etc., and as it undergoes these changes, heat and energy is imparted to the whole system ; so man seems in some sense to be working himself over anew every time he eats. In health, food is comparable to fuel in the fire ; fire will not burn without air, neither can the changes in food go on to be consummated without air through the lungs, pores of the skin, etc. In following the laws of nature with regard to food, in selecting the kind, quantity and quality of the great variety of animal and vegetable substances—each of which possesses some peculiar property necessary for the full development of the powers of the animal economy—the appetite is given as an instinctive guide, and although it is a general guide as to what is required for the support of the system, yet it is not always a correct one, for in disease it often becomes morbid, and in health it is liable to be influenced by the sight and the remembrance of what was palatable ; and thereby leads to eat-

ing too much in one instance, and to articles of food not proper in the other. Therefore reason must be connected with the appetite to form a correct guide. Where the appetite is not morbid or otherwise improperly influenced, it may be considered in general correct to satisfy the appetite.

The best way to prove a morbid appetite is to eat very slowly and stop occasionally ; if the appetite is morbid or unhealthy, it will soon begin to refuse that which it seemed to desire at first ; if healthy, it will increase, though you eat slowly, until nature is satisfied. In palatable articles of food, reason and experience must be the main guide. It is of as much importance to observe the quantity of food to be received into the stomach as the quality. The appetite is often equal to this task, when healthy and uninfluenced ; yet it is liable to misguide from three causes : first, by seeing articles of food that are palatable, after the stomach has been satiated with other articles of food ; secondly, by eating too hastily, and thereby crowding the stomach before the natural powers can deliberate and determine what is a sufficient quantity ; and thirdly, by custom in indulging the appetite and forcing the stomach to excessive distention too often, thereby weakening its nervous influence and augmenting and perverting the proper secretions of the gastric juice. Reason and experience therefore unite upon this point : eat slowly, masticate (or chew) the food properly, and never indulge the palate to a second or third dish after the stomach is sufficiently distended, or the first impulse of the appetite satisfied. By strictly observing these rules you may cut off a long list of diseases which otherwise you may have to suffer.

Healthy persons who exercise can bear strong food, and they require it ; but weakly or unhealthy persons must have light nourishing diet.

DRINK.—It might be sufficient here simply to remark that good spring and well water is as pure as we can make it, when the spring or well is kept in a good condition, and is sufficient for the ordinary demands of the system. But as there are other liquids which are in use, and which are spoken of as drinks, I shall therefore advert briefly to them ; but before I speak of them it will be prudent, perhaps, to make this distinction : that all other drinks are taken with a design to accomplish some other end, or for some other purpose, than that of water.

Water is the great purifier of the system. Scripturally, under the Mosaical dispensation, it is represented as a purifier, and by it purifications were made religiously by the Jews as a nation. In the Gospel it is spoken of typically of the Spirit of God, which purifies the soul. Literally, it purifies the system, when used either externally or internally. When used externally, it cleanses the surface of all morbid excretions, which are thrown out through the pores of the skin, and thereby aids to keep the sweat glands in a healthy condition ; and when taken internally it enters the blood-vessels, unites with the blood, and aids very powerfully to separate and throw out the worn-down particles of the system and other impurities to the surface—in phlegm, in the urine, and in the sweat glands, etc. This is so easily demonstrated that no one need, and hardly will, doubt it who has observed its effects upon a laboring man. See a man in the harvest-field when the weather is hot, observe him

cutting grain with a scythe for a half hour, see him stop—he is heated, wearied, restless and thirsty, but he takes a full draught of water. The water passes from the stomach into the blood-vessels, it cools and purifies the blood ; the worn-down particles of the system, which have rapidly collected in the blood from exercise and heat, are by the aid of the water thrown to the surface in the character of sweat ; in a few minutes he feels refreshed, gathers his scythe again, and returns to his work ; and repeats the same course hours, days and weeks, and does not get sick, and without water he would sink in half a day or less.

The danger to be apprehended from the internal use of water, if pure, is drinking too much, or its being too cool, more especially if the system be over-heated. That of an external application is its radiating, or taking off too much caloric, or animal heat, thereby closing the pores and forcing back upon the internal organs that which should have been thrown off by the external. This is known to be the case by the skin becoming rough or pimpled, blueness of the skin under the nails, shivering, etc. ; and is often followed by some disease, as cramp, rheumatism, pneumonia, etc.

When any person, from the use of water, either externally or internally applied, feels that the powers of the system have been made to sink, let him immediately take some stimulant, such as pepper, ginger, sweating teas, or good spirits, all taken warm, in order to rouse a normal or healthy action. The same may be applicable from any other sudden oppression from cold.

Drinks termed spirituous drinks, as brandies, wines, etc., have had their uses often perverted, and their

abuses have been more frequently manifest than their uses ; yet they have their uses, both as a preventive of disease and as a remedy, and especially as a menstruum in which other medicines are prepared. In many cases requiring stimulants, good spirits, properly used, are beneficial ; hence the inspired writer says : “ Give strong drink to him that is ready to perish, and give wine to the weak or faint.” This is given by inspiration and is correct ; and every practical physiologist must have witnessed the same. But it is not its use we seek to set forth as much as its abuse. Man should remember that it is his duty not to violate any, but to observe every law given him from above. Then whether we eat or drink, it should be done for our good and the glory of God. But alas ! how many in this particular seem not to know any law or rule whatever.

They drink when they are hot,
They drink when they are cold,
They drink when they are young,
They drink when they are old,
They drink when they are mad,
They drink when they are pleased,
They drink when they are sad,
And they drink when at their ease.

Doubtless of all the laws of nature requiring aid for the system, none have been more improperly fulfilled than those laws which require stimulants, especially when sought to be answered by the use of ardent spirits alone. Spirituous liquors have their appropriate uses, yet none seem so well calculated to take advantage of man's weakness ; they first pervert judgment, when taken to excess, and then open the floodgates, so to speak, to innumer-

able extravagances, vices and diseases ; and the passion pervades all classes alike, from the king to the beggar. No one, then, ought to indulge in the use of ardent spirits, or wines, so as to disturb the equilibrium of that noble faculty of man termed *reason*. Let none use it as a daily beverage, or medicine, but such as have an actual need for it. The young, the strong and the healthy ought not to use stimulants of this character, only occasionally, or on emergencies, under sudden depressions. Neither let the feeble use it, so as for the habit to require it, as much as nature ; let other stimulants be used, such as pepper, mustard, ginger, etc. Tonics act well in lieu of stimulants with many that are feeble, as barks, tansy, iron, etc.—taken in tincture, tea, and in substance. Other drinks, as tea, coffee, milk, etc., are liable to abuses, but not to the same extent as that above mentioned ; yet moderation ought to be observed in the use of these also.

EXERCISE.—To explain fully the *modus operandi*, or in other words, the manner in which exercise tends to health, so as for all to understand its benefits correctly, will require brevity and force rather than length, and this is more especially the object in this essay. Therefore, as a law of nature, it is especially enjoined on the posterity of Adam by the Author and Judge of all natural laws. It was said to him, (and runs to his posterity,) “In the sweat of thy brow thou shalt eat bread until thou return unto the ground.” This is a law of nature, though inflicted for his disobedience. The system is so organized that through the pores of the skin much of the impurities are carried out and thrown off in sweat, and this is augmented by exercise ; by it the muscles are

caused to contract and expand alternately upon the blood-vessels and other organs, so that the blood is forced through these vessels with more speed, perhaps, than it otherwise would do. There is also a set of vessels termed capillaries, which are formed between the arteries and veins, which are so very small that without this relaxing and contracting power, they would not be able to perform their offices properly ; but by this contracting and expanding force, these vessels are competent to the task, and able to do so great a work, (unless overpowered by impurities and their nervous influence weakened,) distributing part of their contents, the refuse or worn-down particles, to the surface, and another part to the support of the system, which is the most vital part of the blood, and part taken back into the circulation. Thus exercise performs a very prominent part in keeping the system in a healthy condition.

Exercise may be classed under two heads, general and local, or voluntary and involuntary. General exercise is such as laboring, walking, leaping, riding, etc. Local exercise is such as breathing, digestion, circulation, etc. The latter is often augmented by the former. In breathing, or inspiration, the lungs are filled and press the diaphragm upon the stomach, liver, bowels, etc., thereby aiding and stimulating these vessels to perform their functions properly. Besides this there is the exercise of the mind, which has a very controlling influence over both the muscular and circulatory exercises. If the mind is cheerful and buoyant, the motion is quick and easy ; but if the mind is depressed, the action is dull and languid, and the influence does not stop at muscular depression, but extends also to digestion, the circulation

and the nervous system. Therefore the mind should be cultivated, or trained, so as to cause as much as its influence will allow a proper muscular action on the one part, and to prevent an excess of depression on the other. I have witnessed cases where slight depressing causes existed, and the mind not being trained so as to resist their influence, it became depressed, despondency prevailed, muscular action became heavy, the digestive powers were weakened, circulation was languid, and disease followed, and the system made to sink.

One case I will mention : A lady, whom I was called to see, had been confined to her bed for a long time ; she said she had the skill of all the doctors she could get, and had paid them over \$500, and was no better. They left her under the belief that they did not understand her condition, as they had told her that her disease was hysterics. I did not tell her immediately that the despondency of the mind was bearing her down, but tried to encourage her by telling her I would doctor her if she would take my medicine properly, nor charge her anything for my services if I did not get her up. (She was to pay for the medicine.) I supposed I could rouse a cheerful or buoyant feeling, and by that means raise her from her bed, especially as I expected frosty mornings by the time I could get the system thoroughly prepared ; but after having treated her case for two or three months, and the expected frosty mornings having come, and no improvement being manifest, except in the gain of eight or ten pounds of flesh, I told her I should cease giving her any more medicine, but would give her some advice worth more to her than all the medicine she had taken.

The advice was to rise the next morning, wash her face and hands, and be sure not to take her bed until after breakfast ; repeat the same the next morning, and wash up to her wrists ; and after a few days' continuance in this course, when the mornings were fair, to walk the yard, and soon after to walk to the end of the lane ; and after she had done this for four or five mornings, to take two rocks, (as there were plenty convenient,) one in each hand, and to walk to the end of the lane, swinging her hands back and forth. To this last remark, she cried out, and said it would kill her. I told her I apprehended no danger, but if she did get down I would come and administer to her for nothing, it should not cost her a cent. I left her, supposing she would hardly make the first attempt ; but to my astonishment, after several weeks elapsed, I heard she had followed my advice, and was almost or quite well, and I suppose has remained enjoying at least a reasonable portion of health to this day ; at any rate she did for several years.

The good effect of training the mind to resist slight causes of oppression, and prevent despondency, is manifest to every observing physician and spectator, as well as the sad consequences of the reverse. Therefore I cannot urge with too great earnestness the propriety of such exercise or training of the mind. Regular and moderate eating and drinking, temperate and regular exercise, and a tranquil mind, are the main pillars of good health, and, as far as human power has any control, to longevity of life.

I was acquainted with a gentleman in Henry County, in this State, who died at about ninety-five or ninety-six years of age. At about fifty-five or sixty years of age I first

became acquainted with him ; he was then a valetudinarian, as it is called. He was a very infirm man, but by observing the above rules, and by a prudent course of medication, he became a healthy old man, able to ride or walk any where in the circle of his business, and attended to it with comparative ease and facility.

All persons in good health and vigor of life ought to take from eight to twelve hours regular but moderate exercise daily, the remainder of the time not necessary for sleep ought to be employed either in conversation, learning, or rest, other than sleep. Sickly or weakly persons require more rest, less vigorous exercise, and in some cases more sleep. Old persons less exercise, but not generally more sleep ; they need tranquillity of mind ; when the minds of old persons are disturbed, they are frequently deprived of a due portion of sleep, but sometimes they indulge or rather sink into too much sleep, which frequently proves pernicious, if not fatal.

EARLY RISING is always beneficial to those who are able to rise ; that is, to rise at the opening of day, or at least with the rising of the sun. Exercise in the open air (when pure) is best for the healthy and strong, but to the less vigorous, exercise within doors, until the dampness of the air is dispersed, is prudent. From thirty to sixty minutes after rising, breakfast should be taken.

EARLY EATING is very beneficial for children. To the healthy and strong laboring man it is almost useless to attempt to point out what course of exercise is right and prudent for him, for his calling and duty point out that course ; but to others, we say, walking is the best

exercise. Riding on horseback is a good and healthy exercise, and perhaps the best for some peculiar cases ; riding in a carriage is good for those of less strength and vigor. Over exercise is injurious. By exercise the circulation is quickened, the nervous system is roused, the pores of the skin are opened, and almost every organ participates in the excitement ; and in too much exercise we raise too much excitement. I wish it understood and remembered, that in lowering this excitement, and returning to rest, the evils of over exercise are oftener manifest than in the exercise itself ; let no one, therefore, who has taken too much exercise seek to lower the excitement by wetting the face and hands, or breast, nor plunge the body in cold water ; neither sit in cool, damp air, nor lie in wet clothes, nor on damp places, for by this means you would check too suddenly the whole course of nature, and settle upon some organ or organs the impurities which were in their course to find an outlet, either by the pores of the skin or otherwise ; and thereby produce disease in the liver, lungs, bowels, or other organs ; but cool off by degrees, and if necessary, take some mild stimulants, such as warm coffee, tea, etc. This subject would admit of much more, indeed it is but barely touched, for prudence in eating, drinking, and exercise, requires more discretion on the part of man to maintain good health and prevent disease than all other influences whatever under his control. In other words, these are more completely under the control of his volition than all others. To sum it up in few words, *eat and drink to live*, and exercise for *duty and health*.

REST is as necessary to health as exercise ; the most

important part of rest is that taken in *sleep*. Rest implies a relaxation of the muscles engaged in moving the body ; the muscles by constant exercise become feeble, that is, they expend more vigor during the time they are engaged in exercise than they receive, which requires rest to restore the lost energy. Rest is equal to this task when duly taken. It is comparable to a mill-pond, which by grinding all day, loses its head and force of water, but by shutting down the gates regains it by morning. Rest is sweet to the laboring man.

The time required for man to take rest in sleep, is in general about eight hours during the twenty-four, or about one-third of the time, which should be taken during the darkness and stillness of night, yet he can do with one-fourth, or six hours in twenty-four.

More sleep is required during winter than summer, from the fact, I suppose, that the system has to generate more heat in winter than in the summer. The general rule of eight hours sleep will not apply to all persons, for some require more sleep than others ; the young generally require more sleep than the aged.

Too much sleep is injurious, therefore persons should regulate the time of sleep to the requirements of nature, which will rarely exceed ten hours in the twenty-four. The evil of indulging in too much sleep is not as often manifest as the evils of other intemperance, yet it is an evil and should be avoided. Over-sleeping produces dullness of the mind, weakness of the nerves, and general effeminacy of the body. Disease is sometimes the result. The hours to commence sleep, for adults or grown persons, should be from nine to ten o'clock, P.M. ; children earlier. As a general rule, persons should not go to

sleep until the elapse of one and a-half to two hours after supper. Early to bed and early to rise, is an old and correct adage. The place of rest should be a bed sufficiently soft to be easy. I know this remark does not quadrate or suit the opinion of some other authors. They cite soldiers, wagoners, etc., as evidence that hard lying is most congenial to health ; but I note that this is not fair reasoning, for generally these are the most hardy and robust people, of cheerful minds and lively temperament ; their calling and their exercise require them neither to sleep nor eat too much, and their exercise is regular. The teachings of nature are the best evidence to me. These call for a comfortable soft place ; yet it is not best to have too much bed around us ; nature does not demand this ; hence, a good mattress, and a thin feather bed on it, make, perhaps, the most agreeable and healthy bedding of any other. Give not sleep to your eyes nor slumber to your eyelids during hours of necessary exercise or study. Work while it is day, that your sleep may be sweet and refreshing when the hours of rest shall have come.

LIGHT AND HEAT.—These two principles are so intimately connected that it requires a closer and a clearer discrimination to separate them than this work demands or will allow. That great and mysterious luminous body called the sun is the principal source of both light and heat for the inhabitants of this earth, without whose vivifying influence and benign effects all animate nature would cease to live, and the wheels of natural order, so to speak, would be chained in one congealed mass of inaction or death. But the great Author of all good has,

in mercy, been pleased to form a better state of things, for which men ought to praise Him for his goodness and wonderful works to the children of men. The sun portrays, perhaps, as much of the wisdom, power and goodness of God as any of the visible works of his hands.

Of what the sun is composed it is vain in man to attempt to search out. It is enough for man to know that the sun answers the purpose the wisdom of God designs, and the benefits of men and animals require. Observation proves to us that the sun emits rays of light and heat from every conceivable point, however minute, so that the rays, passing directly forward, illumines and warms every part of the earth's surface next to it; and as the earth is continually turning her surface to the sun, so every part is warmed and enlightened once in every twenty-four hours. These rays are more or less intense as they are more or less direct, that is directly over us, and the further we are from under the sun the more obliquely the rays strike us and of course the less heat. Some parts of the earth, from this fact, have not as much heat as others.

A wise Creator has not caused us to depend upon the rays of the sun alone for heat or warmth; He has given us another element, called fire, by which we can create a local heat to any degree we wish; and not only does this element furnish us with local heat and light in the absence of the sun's rays, but it affords us another convenience—it enables us the better to prepare our food by cooking, so as to make it more digestable. All these blessings call aloud for praise to Him who gave and governs these laws. Health, vigor, and life itself, are dependent upon them. Again, light is a typical test of obedience

and virtue. Innocency and childhood prefer the day, they choose light ; but vice and immorality prefer darkness, they choose the night. We see this manifest in natural things, as every day occurrences, and it enables us to comprehend the force of the remark of our Saviour Jesus Christ, when He says : “ He that doeth righteousness cometh to the light, but he that doeth evil hateth the light.” He is the true light. The force of these remarks may be comprehended when we remember that the wages of sin is death. The violation of any law produces pain, uneasiness, and sometimes death.

In addition to the warmth received by the rays of the sun, and the local warmth of fire, God has, in mercy, given a principle in the animal economy by which heat (or, as it is called, caloric) may be produced or generated. This is accomplished by food being taken into the stomach, digested and converted into blood, and is then taken to the lungs, where it comes in contact with the air and a chemical action takes place, whereby caloric (or heat) is generated. This process purifies the blood and gives vitality to the whole system. With regard to the practical part of this subject, we shall only say that the law giving us the two first principles of heat is not as liable to be violated by man as the last. The instincts of our nature teach us how we ought to receive the heat of the rays of the sun and the warmth of fire ; but reason and experience have much to do in guiding us through the process of generating heat by food, (which has been referred to under the head, Food.) However, I will make one remark further, before I leave this part of the subject : *i.e.*, in summer we should neither be too warmly clothed nor eat too much, especially

of very rich diet, as fat pork, etc. ; and when we are liable to the sun's rays, never over exercise. To violate with impunity either of these rules, brings its sad consequences. Too much heat enervates the nervous system, paralyzes the whole economy, and renders the system subject to disease in various form.

Having referred to the laws or forces whose influences tend to the support of animal life, or the support of health, I shall now notice some of those whose influences tend to the destruction of health and the ultimate dissolution of the animal powers. The irrevocable decree that has gone forth by the immutable Judge of all things, against man as an offender, must eventually prevail, for He has said unto him, " From dust thou art, and unto dust thou shalt return." Hence the laws of disease and death will sooner or later prevail over the laws of health and temporal life ; yet, as probationers, men do not sin in seeking to avoid the former and support the latter. Therefore the corrupted or perverted passions, which so powerfully depress the vital principle, ought to be understood, and their evils warded off as far as possible.

DEBASED OR SLAVISH FEAR chills the blood, weakens the nerves, and impedes the circulation, and thereby renders the system liable to pain and disease. This kind of fear is an insupportable dread of what is thought may take place, and is the first confessed evidence of sin recorded in the Bible. To fear to do wrong is a different kind of fear. This is the fear recommended in the Bible ; it is to fear God. The first is a fear of punishment, or the dread of consequences which follow

sin, and has its torments ; the latter has the promise of God, and has its peace. It is this debased fear that we are to overcome ; it is to be overcome by remembering that God rules all things, and that He will reward the righteous and punish the transgressors.

ANGER rouses the circulation, inflames the mind, and lashes the nerves to an unwarrantable pitch ; in a word, the whole man seems to be heated and swelled, and if increased and continued, like the dry boiler, would soon melt or burst ; and yet, when it goes off, it leaves the system languid, feeble and depressed. Anger drives the fluids, with the impurities, into organs, sometimes in improper quantities, and like the surf in high water, cannot be carried off again when anger goes down ; therefore, these organs are choked up or overloaded, and perhaps become diseased. Therefore indulge not in improper anger ; it is like swallowing pointed instruments, it makes a wound within which the hand cannot remove.

JEALOUSY.—An unmanly or an unholy jealousy is like drawing a crosscut saw through the mind, it produces anger, fear, remorse, and melancholy. Jealousy cannot remain in the system long without its effects being visible. Therefore, indulge not in jealousy, lest some vital cord be cut or some important organ become prostrated. This jealousy, as we here use it, implies a dread of a rival, a suspicious watchfulness of the encroachments of a real or a supposed superior upon our real or anticipated rights ; therefore jealousy of this character, without grounds, is a debased passion, unworthy of a place in the mind of a sane person. There is a jealousy

spoken of in the Scriptures, which means watchfulness for another's good ; this is called a godly jealousy. This does not wear out the physical system.

MELANCHOLY is another passion which produces great inroads upon the vital organism, but as its effects have been referred to, under the head of the exercise of the mind, you are referred to that head. All these passions have their origin in the mind, and as some remarks have been made with regard to the exercise of the mind, I forbear to make any further remarks, but only make a few quotations from the Scriptures, in order to give weight to the importance of the mind. It is said, "Sorrow of the world worketh death," (2 Cor. vii. 10); "By sorrow of the heart the spirit is broken," (Prov. xv. 13); "Anger rests in the bosom of fools. Let all anger be put away with all malice," (Eph. iv. 31); "The fear of man bringeth a snare," (Prov. xxix. 25.) Again it is said by the prophet: "A merry heart maketh a cheerful countenance," (Prov. xv. 13); "A merry heart doeth good like a medicine," (Prov. xvii. 22.) With these scriptures to sustain us it seems to me no man will doubt the propriety of a due regard to the exercising or training of the mind, to ward off disease and support health. Without following the perplexing and uncertain meanings of many metaphysicians, with regard to the mind, hoping that all my readers will have a clear view with regard to the term mind, than they would were I to strive to elucidate further, and whether we understand what the mind is or is not, if we can govern the passions we have accomplished all that we could, even though we were to write volumes upon the subject.

COLD is another great power to produce disease, and more particularly when combined with dampness. Cold benumbs the system, drives back the fluids, diverts them from their proper course, and lodges them upon some organ ; overpowers the organ and produces disease. Thus cold damp feet will sometimes produce soreness of the throat in a few hours, sometimes it produces pneumonia or the pleurisy, sometimes rheumatism ; it affects the bowels, etc. Therefore prudence demands regular temperature as well as temperance in all things. Let no one then unnecessarily expose himself to cold or dampness ; be warmly and dryly clothed in winter, and cool and pleasant in summer. Stronger food may be allowed in winter than summer, where exercise is duly taken.

POISON.—The term poison means any substance which has a tendency when it comes in contact with the vital principle to destroy it. These substances are various and numerous ; some are gaseous, such as float in the air ; some liquid, some solid ; animal poison, as in the snake and spider, the scorpion, etc. ; vegetable poison, as the hellebore, nightshade, etc. ; and mineral poisons, as arsenic, antimony, etc. From vegetables poison may be extracted, which are not detectable in the native state, as the prussic acid. But as reason and experience have taught the lesson, too plainly and too indelibly to be misunderstood or soon forgotten, to avoid poisons, it will not be necessary to make further remarks, in this part of my work, further than upon some poisons used as medicines ; and I here state that it is a lamentable fact that there have been more talent and money expended in the last three

hundred years, to less effect, in trying to harmonize poisons to the laws of nature, so as for them to become sanative or healthy agents, than all other systems of science, perhaps, put together. The three kingdoms, as they are called, the mineral, the vegetable, and the animal, have been searched for their poisons. They have been searched for and tried, until there is scarcely a known poison but in some way it has been used as a medicine. Some of the most able philosophers, and the most skillful chemists have been engaged in this matter; they have tried every mode, manner, and quantity, and hundreds, perhaps, of different combinations have all been tried, and what is the result? The practice of medicine under this system—notwithstanding all the experience, and all the time that has been spent in learning, and all the great men that have spent their talents in research after research, and all the money that has been spent in these researches and experiments—is yet as uncertain, perhaps, as it was three hundred years ago. Where is the fault—is it in the want of talent? surely not, or else where will we go to find talent? Is it for the want of time? or is it for the want of money? It certainly cannot be either of these. Surely then it is for the want of means. Doubtless the proper agents for removing disease have not been used, or else we are forced to conclude that such agents have not been given to the control of man. How unreasonable is it, and how perverting to the use of terms, to say that a poison is a medicine! I forbear further remarks, leaving the reader to reflect and make his own deductions.

MEDICINE.—When we come to treat upon the subject

of medicine, and following the science as almost universally taught, we are drawn towards a whirlpool of difficulty, from which it is with the greatest skill in the medical mariner that we can escape being engulfed. In the science we are instructed that medicine is a power possessing a principle to heal, or in other words, it is that which aids the living principle to remove disease.* Again we are informed in the science that poison is a substance that destroys vitality; and yet we hear it taught that the most virulent poisons, in proper proportions, make the best medicines. (See Hooper's Medical Dictionary.) This whirlpool has doubtless engulfed the minds of hundreds of practitioners in doubt and uncertainty, and the body of many a poor sufferer, perhaps, in an untimely grave. If the term medicine implies a power to heal (and if it does not mean this it surely means nothing that common sense can understand), then we should not use anything as medicine but such articles as harmonize with the laws supporting life, or that strengthen the vital principle. Yet we must award this to the science, that through the skill and ingenuity of the learned experimenters much of the virulence of the poisons used as medicines has been modified, so as to act in many cases on some constitutions only as an irritant, sometimes mildly, so that a seeming benefit is the result; at other times, and on different constitutions, the same articles do not manifest the same degree of mildness; and at other times, again, its virulence cannot be prevented. The importance then of a family work, free from this danger and uncertainty, is doubtless manifest to all. If this dangerous and uncertain course

* Common sense receives this view.

of medication is to be followed, it is best to leave it in the hands of those who profess to understand its dangers, and who ought to teach it to the people. *Medicine proper* does conform to the laws of vitality, and nothing else, and more especially in a family work ought it to be set forth in that light. The author therefore designs this work as a family guide, with sanative agents only. When we consider health as a blessing, and disease as a chastisement, we are led to believe that the laws governing health are in some sense or degree placed under the control of man, as well as many of the comforts of this life. These laws are understood and witnessed by experience. The man who uses industry and economy rarely lacks the things necessary for the body. So also he who is temperate in all things, and observes strictly the laws of nature, is usually strong and healthy, and escapes many attacks of disease. Disease being the effect or consequence of a violation of the laws of vitality, so medicine is a favor bestowed by a wise Creator and a gracious Benefactor, to extenuate the guilt of violating these laws; or, in other words, to remove disease and restore to health. God has not left man entirely in the dark as to what medicine is; He has told us in Jeremiah that "*medicine* is designed to heal," (xxx. 13, xlv. 11.) In Ezekiel (xlvii. 12,) He tells us "the fruit of the tree is meat, and the leaves are for medicine." Medicine ought to have the same ultimate effects as food, being possessed of the same principles; that is, the power to support vitality or the living being, equally harmless and quite as efficacious, and which comes immediately in place of food, when food cannot support health. Is not this reasonable? Is it not the truth?

The author in this work will set nothing before the public as a medicine, but what may be relied upon with confidence, both as to innocency and power, according to the best authority and his own experience. Not that he would convey the idea that these medicines cannot be perverted and made to produce bad effects, but that they are in their nature as innocent as food, and when used in proper doses, on the right occasions, are as efficacious. Food and drink may be used improperly to produce bad effects. This cannot be said of poisons, for the nature of a poison is to destroy vitality, however minute its portion may be ; otherwise we can make no distinction between poison and medicine. If it be an escharotic, it matters not how small the portion is, its tendency is to irritate ; if it be a narcotic it manifests itself by overcoming the vital energy. Poison is figuratively spoken of in Scripture to represent sin, and medicine is spoken of in the same way to represent grace, or that which gives health. Paul says : " Shall we continue in sin, that grace may abound ? God forbid ! " Then shall we take poison that health may abound ? How can it be ?

I have remarked that disease was chastisement or punishment as a penalty for the violation of some law of nature or of God, yet it manifests itself differently according to the law violated, and the extent of the violation, and the circumstances with which they are surrounded ; as for instance, we suppose three men to be affected, one by the sting of a wasp, another with the poison of a spider, and the other by the bite of a rattlesnake ; it is obvious that all will not suffer alike, owing to the quantity and virulence of the poison to which

each has been subjected. Again, we suppose three men, each to be stung by a different honey bee ; here we may conclude that the quantity and quality of the poison received by each to be equal, but the effect is different in each, owing to the ability of the different constitutions to ward off the effect of the poison, and other surrounding circumstances. Thus it may be said of all the causes producing *disease*. Hence it is more correct to say, *different forms of disease*, than to say different diseases ; and although we may treat different manifestations of disease under separate heads, yet we wish it distinctly remembered, that whatever form disease may assume, it is but a weakened state of the vital functions ; therefore, all remedial agents or medicines that are truly sanative, go to strengthen and support vitality, and thereby remove disease, *for disease is weakened VITALITY*.

Having gone through the description of the laws governing health, and those which produce disease, it is hoped the reader will appreciate them, so as to give them a careful and candid perusal, and what is worthy keep and practice ; while we turn to disease in its multiplied forms to seek its origin and removal.

FEVER.

UNDER this head much speculation has arisen, men have spent time and talent trying to search out and define and explain the term *fever*. It is yet unsettled and in darkness as to its true cause and real effects. Many of the most eminent men in the profession of medicine, have taken very wide and different views upon this abstruse question. Some have supposed that it is caused from too much stimuli in the blood, others again suppose it is for the want of stimuli. Dr. Rush is quoted as attributing it to a convulsive action in the blood ; others suppose it originates from a morbid state of the stomach. Some hold it as entirely a pathological condition ; while others claim it to be entirely a physiological manifestation. My observation and experience have led me to view it as the effect of poisonous particles in the blood, brought from external causes or sources and received into the blood, mostly through the lungs and pores of the skin, or else generated in the system from external causes, and which act depressingly and forcibly upon the outlets of organs and the points of *Nerves*. For example, in burns the escharotic or searing influence of the fire depresses the points of the nerves ; the first manifestation of the effect is coldness (after the fire is extracted) ; after this, if the system has vitality enough

left, reaction takes place and fever is the result. So, likewise, from cold, pneumonia, pleurisies, rheumatisms, etc., are produced. The cold depresses the extremities of the nerves, closes up the pores of the skin and drives back the fluids, and the impurities which should have been thrown out are retained in the blood, which irritates to extra reaction, and is termed *fever*. This reaction rages until the desired object is attained, which is to find an outlet for these impurities; or else some organ sinks under their irritating influence. Fever is comparable to anger. Anger acts upon the mind and fever on the blood, and as the *mind* of man has never been properly understood, nor the operations of anger upon it, so there is a vital principle in the blood which has not been fully understood or fully explained; nor has the *modus operandi* of the invisible poisonous particles of matter, operating upon the blood, been fully demonstrated. We judge of the effects while we do not fully understand the cause. Limited anger is prudent; and we are forced to admit that fever, to some extent, is necessary. Without reaction—we cannot see how disease could be removed. Yet we cannot view fever, under all its phases as a friend, for Jesus rebuked the fever on Peter's wife's mother; He would not rebuke a friend. All forms of fever are produced from impurities in the blood, and this is proved from the fact that as soon as this impure state of the blood is corrected the fever ceases. The only variation then, which these different forms of fever admit of, is their different modifications; and that is dependent on the quantity and virulence of the poison on one hand, and the vital power of the system to resist the influence of these irritating

causes on the other ; and as the great outlet of the system by which these impurities are thrown off, is the pores of the skin, which open up a passage, and carry them out in the form of sweat, therefore, in giving medicine it should be a primary object to aid this important function. But the skin is not the only outlet ; the lungs, the bowels, and the urinary organs, also have their part to perform in removing morbid matter ; they likewise give aid, in disease, but do not force nor oppress ; and as the stomach is the great seat of sympathy and perhaps the governing organ in the animal economy, it partakes with every diseased organ, and almost to the extent of the organ itself. It is the first object to attend to the stomach, for without its aid we can obtain but little benefit, either from medicine, food, or drink. Let this view ever be kept fresh in the minds of the administrator of medicine or a prophylactic director. Not too much heat, nor too much cold, and no powerful escharotic or narcotic, ought to enter the stomach. Let it be cleansed and nourished, and stimulated (not irritated) when needed, for this is the much prized and long concealed power of medicine.

Treatment.—Inflammatory fever, Continued or Raging Fever—Synochal of the books. This form of fever is characterized by a hot skin, full strong pulse, flushed face, pain in the head ; and sometimes delirium, which is more unfavorable. It is caused from fatigue, cold and dampness, etc. If let run it usually forms a crisis, or turn, about the seventh or ninth day. The first object to be had in view in treating this form of fever is to quiet the excitement, relax the system, and restore an equilibrium

of circulation. To accomplish this, let the hands and face and forehead be sponged in water and vinegar, give a full puke of lobelia or ipecacuanha taken in broken doses, either in bayberry and ginger, sage, or balm tea. One tea-spoonful of lobelia, divided in four portions, and one taken every twenty minutes, is usually sufficient ; but sometimes it has to be repeated. This generally relaxes the system, removes morbid matter, and quiets the nerves, and prepares the stomach for other medicine. After the puke, and the stomach becomes quiet, give a dose of rhubarb and black root, or mandrake ; twenty grains of the two former, or fifteen of the latter, is usually a dose. I usually combine two or more of the articles. Make out the dose and divide it into two parts ; take one half and wait four or five hours, and if it does not operate, divide the other half into four parts, and take one every hour until it does operate. After it operates, let the patient immerse his feet and legs in warm water, in which soda or lye has been diluted, until the water becomes slick ; drink warm teas while bathing the feet—balm, sage, horsemint, catnip, or bayberry and ginger ; the head may be kept wet in cool vinegar and water, or salt and water, both while bathing or in bed ; after bathing return to bed. If sweating has been induced, let the patient drink freely of warm teas in bed for an hour or more ; if no sweating has been produced by bathing and teas, let the whole body be sponged in tepid water, with soda or weak lye in it. If the feet be colder than the head, or in other words if the feet are cold and the head hot, apply a warm brick wrapped in damp cloths to the feet, and cool cloths wet to the head ; and sometimes the palms of the hands, and even

the breast may be sponged in cold water. To weak patients tepid water is preferable to cold water. Continue this treatment, that is to say, puke three or four times in seven days, and give an injection every night, or enough rhubarb, either single or combined, every other day, to keep the bowels in a slightly laxative state, and take warm teas all the time freely. Take enough lobelia in bayberry and ginger tea to nauseate the stomach once or twice a day ; balm, sage, catnip or horsemint may be used ; and in case of severe pain in the head, back or bowels, apply cataplasm or poultice with pepper or mustard sufficient to burn the patient tolerably severely. If mustard is used, do not let it remain long enough to blister, but renew it or substitute pepper, and the patient by the seventh day or before will almost always manifest symptoms for the better, unless there is combination with some other form of disease. When there is much thirst, let the patient drink slippery elm water or mucilage.

Bilious Fever.—This fever is attended with an abundant secretion of a vitiated, bile, produced from hot weather and a poisonous gas called malaria, or miasmatic gas, and most usually after a change from hot to cool or damp weather. This malaria or poisonous matter enters the system through the lungs and is conveyed directly into the blood. It enters the liver, and coming in contact with the bile destroys its vitality or usefulness ; the liver is excited to throw it out ; it enters the duodenum, or second stomach, but being vitiated and no longer useful for the ordinary purposes to which it is designed, it becomes itself a foreign and poisonous mat-

ter, and by a regurgitating move, it is carried to the upper stomach, or stomach proper. It enters the lacteals, or mouths of the vessels which convey the juices or liquids of the stomach and bowels to the blood vessels ; it enters these vessels and with the blood is carried to every part of the system. The first manifestations of its pernicious effects, are depression, languor, pain, stretching, drowsiness, chilliness, and shaking ague ; and the re-action is called bilious fever, from the fact that when the *vis vitæ*, or natural powers of nature, aided either by medicine or otherwise, throws off this poisonous matter, this vitiated bile is visible in the emesis, sweat, urine, and fæces, or stools. The fever rages an indefinite period of time, but usually abates, sooner or later, during twenty-four hours. This abatement, I suppose, is brought about from relaxation and a more general equilibrium of circulation ; and a sweating or moist stage is manifest, but has its reaction and abatement for several days, until the powers of nature are enabled to relieve the system by throwing off this poisonous matter, or else sinks under its influence.

Treatment.—In treating of this disease the same general course is to be observed ; that is, to aid but not depress the vital energies ; and reason, as well as the very efforts of nature, tell us to puke in this fever. The vitiated bile which is in the stomach (proper), is much easier and more safely removed by an emetic, than in any other way. To drive all this morbid and poisonous matter through the whole course of the bowels, by cathartics, is doubtless a forced and not a natural course, for the very spontaneous efforts of nature, if I

may use such a term, say puke in this attack. Nausea or puking will be almost invariably present in some stage of this fever, and usually at the commencement of the reaction, or rise of the fever. Not only does a lobelia emetic or of ipecacuanha, remove morbid matter and bile from the stomach, but its relaxing influence aids powerfully to hasten the lowering or sweating stage. Therefore, give a puke in the outset, of some safe agent, of which lobelia is the best. A tea-spoonful of lobelia in a cup of bayberry and ginger tea, divided into four parts, take one every twenty or thirty minutes until puking is effected ; if that is not sufficient, give another in the same way. Drink of other teas enough to fill the stomach, and the puke will be easy, but not usually as effectual ; after the puke has been taken, at the lowering of the fever, give a dose of rhubarb and mandrake ; twenty grains of the first and fifteen of the latter is a usual dose, but as there is a constitutional difference, the better way is to take it in broken doses. Take one half in tea, syrup or water ; wait five hours, and if it does not operate, nor any symptoms of it, take one fourth of the remaining portion, (or that which was left of the first half,) wait one hour, and if there is no operation, take another one-fourth, and so on, until it does operate. Seek to promote sweating as soon as possible. Slippery-elm water and sweating teas, catnip, balm, sage, or mint, may be drunk freely during the rage of the fever, and ginger or composition teas when the fever goes off. After the stomach and bowels have been cleansed, and the fever sweat off, the patient may take stimulants or tonics to prevent its return. These ought to be taken in the interval, between the going off of the fever and

the return of the chill ; if there is an interval of from three to five hours it will be sufficient. From ten to fifteen grains of quinine, with an equal quantity of pounded red pepper and half the quantity of lobelia seeds pounded fine, and taken in broken doses, according to the length of the interval, will usually prove effectual. It may be made into pills, or taken in syrup or water ; or take from two to three tea-spoonfuls of good pounded ginger, taken in syrup, and wrap up in bed, and drink sweating teas plentifully, will very frequently prove successful in warding off a return of the chill. If the fever is not broken up the first day, repeat the course of puking and sweating each succeeding day until it is broken up ; and to aid the sweating off of the fever, give broken doses of lobelia with the sweating teas during the rage of the fever. Relieve the bowels by rhubarb or other mild purges ; or, if the patient is weak, give stimulating injections composed of bayberry, ginger and lobelia, a tea-spoonful of each to the half-pint of boiling water. Every other day is often enough to give a purgative dose of medicine ; bathe the feet and legs after sweating in warm water with soapsuds, lye or soda. After the fever is broken, take bitters or lobelia pills (one at a time) after eating, for several days, accordingly, longer or shorter, as the patient has been reduced. Cleanse the stomach and bowels, and promote sweating, and the fever will give way. The doses of medicine as above directed are for grown persons ; give less for children, according to age. Children of six or eight years one-third ; younger, still less in proportion. If the fever assumes the continued or synochal form, in addition to what is above directed to sweat off the fever, sponge the

body, and more especially the face and breast, in tepid water, and in some cases, where the fever is very high, cold water is preferable.

Chills and Fever, or *Fever and Ague*, as it is known.—This form of fever differs very little from bilious fever, the only difference seems to be in its violence; it is only a milder form. When it takes place, or recurs, every day, it must be treated in the same manner, the cause usually being the same; that is, cleanse the stomach and bowels by puking and gentle laxative or mild purgative medicine, lobelia or ipecacuanha is the best puke, and rhubarb, mandrake or blackroot makes as good a purge as any other, either single or combined, taken in broken doses; (see Dose); then give stimulants and tonics to prevent a return. Equal quantities of Cayenne pepper and quinine, and two-thirds lobelia seeds pounded fine, make a good remedy to ward off the return of chills. Fifteen or twenty grains of the two first, and about one-third less of the last is a suitable dose for adults. Reduce for children and weakly women. Divide into seven portions, and give, five or six hours before the chill is expected, one portion, and the remainder at regular hours till all is taken. The lobelia prevents the liability of ringing in the head from the quinine. When it recurs every other day, or every third day; that is, misses two days and attacks the third, take two or three tea-spoonfuls of good ground ginger in syrup or otherwise, and wrap up in bed, and drink freely of sweating teas, such as balm, catnip, horsemint, etc., which will usually break up the chills without any other remedy, and it will rarely return, especially if the free use

of Cayenne is had at meals for fifteen or twenty-one days. In long standing cases of every other day, or every third day, chills and fever, the following treatment will generally prove effectual in breaking up the periodical return : Just as the fever begins to sweat off, give a good puke of lobelia in ginger and bayberry tea ; after puking place the patient over a steam bath, (see Steam-bathing), and continue twenty or thirty minutes, or even longer, if it is pleasant, and does not fatigue the patient, drinking at the same time ginger or composition tea. After the bath, wipe dry and go to bed, and take ten grains, each of rhubarb and mandrake ; continue in bed two hours, wait two or three hours longer, and if the medicine does not operate, take half as much more. When it has operated, take bitters of dogwood-root bark, poplar-root bark and wild cherry-tree bark, which may be continued three or four days. These barks may be taken in substance if pounded fine, otherwise tincture, in good spirits ; Peruvian bark is equally good, or quinine and pepper, equal parts, ten grains each, in broken doses.

Typhoid Fever.—This is a malignant form of fever, and very insidious in its approach. It is characterized by dullness of feelings, want of appetite, sometimes slight giddiness and nausea, and frequently an unusual sensation in the region of the stomach. The patient does not seem to be sick enough to take his bed, and yet has but little resolution or power to act. This premonitory stage, as it is sometimes called, continues from two or three to seven or eight days before the fever fully develops itself. It is emphatically a fever of debility or weakness, and according to my observation, the longer this premonitory

stage continues, if the fever does fully develop itself, the more severe the case usually is ; and I wish it distinctly understood, and constantly remembered, that during this stage is the time to do battle against this form of fever ; and no time should be lost in giving proper remedies. As it is a disease of debility, tending to putrescency, the strongest and most active sanative medicines or agents ought to be used ; but weakening or debilitating agents ought not to be resorted to. Be careful to take the directions as follows : immediately upon the first symptom of the bad feelings, take a common-sized pill, made of pounded lobelia seeds and Cayenne pepper, equal parts ; take one after each meal ; bathe the feet well in warm soda or lye water, and drink a cup full of good composition tea, the composition to be composed of good bayberry one part, white ginger half-part, and one-eighth each of pepper and cloves ; a tea-spoonful of the powders to a cup of boiling water ; steep thirty minutes, or till cool enough to drink ; sweeten it so as to be palatable, drink and go to bed. Repeat the next day, and sponge the body at night in tepid water. Continue this course, it is perfectly safe. The patient may attend to his ordinary light business, but not exercise too much, so as to fatigue himself. It will shorten and perhaps relieve over half the cases before the fever is fully established, and where it does not cure, it greatly modifies the severity of the attack. I have never witnessed a case where this course was pursued as here directed, that the patient became delirious, or was confined over fourteen days ; and I am satisfied, from a constant attendance on the sick and in the sick room, that it has stopped some cases after the premonitory symptoms were fully developed, and that,

too, under the most unfavorable circumstances ; but I know it is hard to determine what anything would have been had it been different from what it was, especially in cases where we have not, or cannot make experiments. But if the fever should set in, give a puke of lobelia in strong bayberry and ginger tea. In this disease, there is a great tendency to putrescency or corruption in the fluids and secretions of the stomach and bowels, and the bayberry being a good antiseptic or preventive of this corruption, it ought to be used extensively in this fever ; after puking, make a tea of bayberry, pleurisy root, (called also butterfly-root,) and ginger, one and a half tea-spoonfuls of bayberry, and one each of the other two ; put into a half-pint of boiling water, sweetened with good sugar, (loaf is the best,) and drink freely, keeping the feet warm with warm bricks or rocks wrapped in damp cloths, and keep the head cool ; if necessary, apply wet cloths, wrapped in vinegar or mint water ; (beat up peppermint and squeeze in water ;) take a lobelia pill every three, four or five hours. Move the bowels by injections, which are best prepared of strong bayberry tea, with a portion of red pepper in it—say as much as would lie on a five cent piece. If these injections do not bring away the morbid matter, take half a tea-spoonful of good rhubarb and a little bunch of peppermint, and add two-thirds of a cup of boiling water ; set it by the fire to steep thirty or forty minutes ; then strain, and sweeten well with loaf sugar ; give two or three table-spoonfuls every two hours until it produces a motion on the bowels. While taking the rhubarb, do not take more than half the quantity of the other medicines. Severe purging is dangerous. If the bowels seem disposed to run off, give freely of strong

bayberry and ginger tea, and half the quantity of witch hazel might be added in severe cases. Sponge or bathe the body every other day in luke-warm water in which salt or soda is dissolved, enough of the soda or weak lye to make the water slick. If there is any appetite divide the time of giving the lobelia pills, so as to give one in fifteen minutes after eating, but not within two hours and a half before eating. If there is much tenderness of the bowels, make a thin poultice of slippery-elm and corn meal, and sprinkle it well with red pepper, and apply it to the bowels; boil the meal down, or till it is thoroughly cooked. Continue this course; only puke every third or fourth day when the tongue is foul, give injection every night, or every other night, if they do not move of themselves. If there is thirst, give slippery-elm water freely, or a mucilage of the pith of sassafras may be used. If the patient desires acids or something sour, dried apples steeped in water and sweetened may be used, or good apple vinegar, diluted and sweetened, may be allowed; or a little buttermilk, that has been well churned and freed of the butter, with twice the quantity of water, may be allowed, if no bad symptoms arise. This course of treatment may be relied upon as both safe and efficacious. Do not give tonics in this disease until there is a turn for the better. Then give tonics; poplar bark, cherry-tree, dogwood bark, and the bark of the root of the graybeard or white ash, are all good. Peruvian bark, quinine in small portions, or combined with pepper, are also good. Light and nourishing diet after the patient has an appetite is necessary, but do not eat too much; to avoid the evils of over eating, take a lobelia pill after each meal for some time. If tonics

are used before the crisis, combine them with pepper and lobelia.

Catarrh, or Colds.—Colds are produced from sudden changes in the atmosphere, also from being exposed to cold or dampness after fatigue, or want of suitable clothing, etc. In all bad attacks of cold take a puke of lobelia or ipecac, then drink some sweating teas, as balm, sage, composition or any other sweating tea that is harmless. If there is much pain manifest, take nauseating doses of lobelia in the teas, and apply a poultice of mashed onions or garlic to the soles of the feet; if the pain in the chest is severe, apply the onion poultice over the region of pain. This should be done at night when the patient is able to go about; take as much exercise in the open dry air as the strength of the patient will justify without fatigue. When the patient is able to go about, let him take the lobelia pills instead of the warm teas, or else take composition in substance in cold water, and the warm teas at night on going to bed. This treatment will break up a case of bad colds usually in a few days. If there is fever sponge the body in tepid water. Colds sometimes seem to be epidemical, produced from an unknown cause in the atmosphere, and pervading whole neighborhoods.

Pneumonia.—This disease is often the effect of cold and dampness after severe mental exercise upon depressing topics, over-exertion, loud singing, talking, etc. It is properly an inflammation of the lungs, wherein the stomach, bowels and nervous system often largely participate, and particularly the brain. We readily see that this

disease requires prompt, safe and energetic treatment, because so many vital organs are affected. This disease manifests itself by pain in the chest and side, difficult breathing, attended with cough, fever, and sometimes severe pain in the head. In treating of this disease, relaxants, nauseants, and the most powerful sweating medicines, which have the least tendency to excite the circulation are required ; hence lobelia is one of the safest and most effectual medicines that has as yet been known in this disease, being powerfully and peculiarly relaxing, nauseating and sweating, without weakening the patient or exciting the beats of the pulse.

Treatment.—In the outset give a puke of lobelia in boneset tea, or bayberry and ginger tea ; then give lobelia in broken doses in bayberry, ginger and butterfly-root tea, give the steam bath frequently, and while over the bath give ginger and bayberry tea ; but if the steam bath is not practicable, bathe the feet often, yet not so as to weary the patient ; keep hot bricks or rocks wrapped in damp cloths constantly to the feet, and sometimes to the *nates* or buttocks ; this must not be neglected ; apply a poultice made of slippery-elm and corn-meal well boiled, sprinkled with red pepper or mustard, over the pain, to be removed and reapplied as it gets cold—do not let the mustard blister ; roasted onions or garlic may be applied to the feet at night, but still keep the warm bricks to them, and the onions or garlic may be applied occasionally over the pain in lieu of the poultice of elm and pepper. Every two hours give as much powdered butterfly-root as will lie on the point of a penknife, and half the quantity of ginger in a tea made of the same

articles, or bayberry and ginger, and at the same time give from half to a whole tea-spoonful of lobelia syrup (see Lobelia Syrup) ; relieve the bowels by injections every day ; make the injections of teas or gruel, and slightly stimulating, so as to produce action ; as much red pepper as will lie on the point of a penknife, or a little ginger will usually be sufficient ; increase it if necessary. This course regularly attended to, will cure most cases of this disease. Temperance in eating and exercise, as well as caution in not taking cold after the disease is broken up, is necessary ; give a lobelia pill after eating in convalescence or recovery.

Fleurisy.—This form of disease, like pneumonia, is in general the effect of cold after fatigue and other depressing causes checking perspiration ; and is characterized by pain inside, mostly in the right side ; sometimes the pain is very severe and sharp, with cough and fever, the blood may perhaps be a little more sizzly, and the pain somewhat more lancinating in this than in pneumonia, but the breathing not quite so much depressed. The treatment the same as in pneumonia. In pleurisy the thin membrane between the lungs and the ribs is mostly affected ; in pneumonia the lungs and immediate membranes are affected, but the relation is so close that it is not probable one of these organs can be severely affected without the other participating to some extent. Give a puke of lobelia at the outset, prepared in boneset tea, camomile flowers, or bayberry and ginger, a tea-spoonful of lobelia in a cup of warm tea or water divided into four parts ; take one every twenty or thirty minutes till it pukes ; if that does not puke in two hours take another.

Relieve the bowels by injections or some mild laxative, as rhubarb. Then give plentifully of sweating teas—butterfly root, ginger, and half a tea-spoonful of lobelia makes a good sweating tea; good composition, balm, boneset, catnip or sage will do if the others cannot be had; apply a poultice of slippery-elm and meal well boiled, sprinkled with pepper, or boiled in it, strong enough to redden the skin over the pain. Nauseate frequently, if the case is severe, with lobelia, either in tea or syrup. The butterfly-root will slightly keep the bowels open. Take the steam bath once a day, or else bathe the feet often, and keep a warm brick or rock wrapped in damp cloths to them constantly. Roasted onions or garlic applied to the feet is good; and if the pain is very severe, use them and apply the same over the pain. Butterfly-root in fine powder, with half the quantity of ginger, may be taken every two hours where there is much dry cough—about as much as will lie on the point of a penknife is a dose. It will aid the nauseating medicine to loosen and raise the phlegm, or as it is called, increase expectoration. This course of treatment may be relied upon if faithfully and properly carried out; do not be discouraged or alarmed at its simplicity. Great show deceives the world. Remember the directions of the prophet to Naaman, the Syrian general, for the cure of leprosy; observe Naaman's view of it, and see the result—he washed and was made clean. Be careful for two or three weeks after the disease is broken up, as to eating and exercise, and avoid taking fresh cold.

Croup.—This disease is sometimes very distressing and fatal to children. It is mostly the effect of cold and

dampness ; some children have a greater predisposition to croup than others. It is characterized by a hoarse and peculiar cough. It sometimes attacks very suddenly, and the child is choked up or suffocated in a short time. This disease, above many others, requires puking, and that quickly, which gives almost instant momentary relief, and is sometimes permanent. Where the case is not very violent, apply snuff, or dried and pounded tobacco (which must be much thinner than the snuff,) by greasing a piece of cloth with tallow, and then sprinkling the snuff over it, and placing it on the child from the throat over the chest down to the pit of the stomach ; do not let it go too low, as it might in that case make the child very sick ; from a half to a full tea-spoonful of snuff is enough. This is applicable in mild cases. In violent attacks, give the tincture of lobelia in tea-spoonful doses every ten or fifteen minutes, until it pukes ; give it in warm tea or water. The compound preparation is best ; if it has continued to grow worse for some time, the lobelia in tea, syrup or the powders, mixed in warm water will do ; give ipecac, if you have not the lobelia, after puking, if the case is violent ; keep the child nauseated with broken doses of lobelia or the ipecac ; give sweating teas ; the spicewood tea is a good and palatable tea when sweetened ; ginger, balm, catnip, etc., are good sweating teas. Bathe the child in warm water wherein mullen has been boiled. If the case is obstinate, relieve the bowels by injections, prepared of spicewood, bayberry, or some other kind of tea, or warm water and milk ; put enough red pepper in it to make it effectual ; what would lie on the point of a penknife will do ; keep up perspiration or sweating ; keep the stomach

slightly nauseated, and puke occasionally if necessary ; bathe in warm mullen water, relieve the bowels by injections, and your child will almost always find relief. Cold, wet cloths applied to the throat, and overlaid with dry ones, has a very powerful influence in the outset of the case, where the powers of reaction can overcome the sedative influence of the cold water.

Quinsy.—This, like the preceding, and many other forms of disease which attack organs that have a mucous membrane, is the effect of cold or dampness, or both. It usually attacks the feeble and infirm, who frequently have a predisposition to it. The tonsil glands are the seat of this disease. They swell and become dry, and the swelling is usually rapid, rendering it difficult to swallow.

Treatment.—As this disease is developed from, or is the effect of debility or a debilitated state of these glands, the course of treatment is obvious ; powerful exciting stimulants are necessary to excite the glands to their proper action, whereby the swelling will be relieved and the feverish irritation allayed. Give the compound preparation of lobelia in warm teas or warm water, a tea-spoonful of the medicine to half a cupful of tea, repeated till it pukes ; give it every fifteen or twenty minutes. If the compound preparation is not at hand, make strong red pepper tea, and take lobelia in any form in it until it pukes. Make a poultice of slippery-elm, ginger and lobelia, and thickened with corn meal, well boiled, and apply warm to the throat ; overlay it with three or four folds of cloth to prevent its

drying ; gargle with the following : equal quantities of good apple vinegar, honey, good No. 6. Drink sweating tea, with red pepper in it. If the swelling of the glands does not abate (which it hardly fails to do), make a poultice of bear-grass root and the elm ; the root must be scraped or bruised fine ; apply as before. After a warm poultice has been applied, it is best to keep it warm till the swelling abates. If swallowing has become impossible, give lobelia by injections until puking is produced. Gargle and use every other practicable means to get the medicine to touch the glands. If the glands require to be opened, send for a skillful physician ; this will rarely be the case where the compound preparation of lobelia can be swallowed.

Sore Throat, Common and Putrid.—Common sore throat is the effect of colds, and the same treatment recommended for colds is applicable for sore throat ; but common sore throat may often be relieved by other treatment, washing the throat in cold water of a morning when you wash your face will mostly relieve sore throat ; gargling with vinegar, honey and No. 6, is almost infallible for the cure of common sore throat ; burnt and pounded red pepper, wrapped in thin cloth, held to the mouth and the strength inhaled by the breath is good.

Putrid Sore Throat.—This disease is epidemical and dangerous. In this disease the mouth, throat and fauces, must be kept cleansed of the putrid matter as it collects ; for this purpose wash, gargle, or swab the mouth and throat with a strong decoction of bayberry,

white shumac and ginger, and drink a tea of the same ; or a wash of alum, sage and red pepper. The gargle of vinegar, honey and No. 6, ought to be used occasionally. A puke in the tea above recommended may be given with propriety, and sometimes it is very essential, especially if the putrid matter gets into the stomach. The bayberry and shumac are peculiarly adapted to the cure of this form of disease, therefore a tea of this medicine ought to be used freely, with ginger or pepper enough in it to make it sweating ; excite perspiration, bathe the body in warm oak ooze, or warm water, which has had red or white oak bark boiled in it. Be constant and energetic in the treatment, but give no purgative medicines in this disease ; relieve the bowels by injections prepared of bayberry and shumac.

Mumps is a contagious or catching disease ; it is easily known by the swelling of the glands behind the angle of the jaws under the ears, and from a sharp pain being manifest on taking any thing sour in the mouth ; honey usually produces the same effect. In mild cases of mumps, little need be done except keeping out of the cold or damp air, and avoiding much exercise, especially riding on horseback ; and occasionally take some warm sweating teas as spice-wood, ginger, etc., and the swelled glands rubbed with a little sweet oil and No. 6, or camphor ; but if the case is a bad one, and becomes translated to the privates or other parts, the patient must take his bed, promote perspiration and the general health, and apply a soft bandage to support the testes, and a poultice of slippery-elm and well boiled corn meal, or milk and light bread ; take a skin off a squirrel and

inclose the testes in it, the hairy side out ; this is a good supporter. The bowels to be kept open by injections, broken doses of lobelia to keep the system relaxed ; puke occasionally if there is much fever. The compound lobelia pills taken at the rate of four or five daily, and drink spicewood tea ; Virginia snake-root tea, or other sweating teas, will usually be sufficient.

Falling of the Palate, or *Elongated Uvula*.—

When the palate of the mouth falls, as it is commonly expressed, take bayberry and red pepper pounded fine, about as much as will lie on a five cent piece, in three or four table-spoonfuls of cold water ; repeating two or three times daily for a few days, will usually cure this affection. A strong tea of the same materials or strong composition will sometimes be sufficient.

Colic.—Colic is divided into three grades ; as wind colic, bilious colic and painter's colic. If it originates from a debilitated state of the stomach, it is usually termed wind colic ; if from vitiated bile, it is termed bilious colic ; if the primary cause is in the bowels, it is called dry belly-ache or painter's colic. This last affection is oftener produced from inhaling the fumes of the white lead which is in the paint, than any other cause. In any case of a severe attack of colic, of whatever grade it may be, puking with the compound preparation of lobelia will be found beneficial, though sometimes it may be relieved without puking. A puke and an injection of the compound preparation of lobelia, given in composition or bayberry tea, will uniformly relieve wind colic. Lobelia pills will frequently relieve

it ; strong ginger tea and good spirits, will sometimes do ; a tea-spoonful of the compound preparation of lobelia, in a half or two-thirds of a cup of tea, is a dose ; repeat if necessary in fifteen or twenty minutes ; the same quantity may be used in eight ounces of tea for an injection.

In Bilious Colic, after puking and using the injection, give equal quantities of rhubarb and mandrake ; from fifteen to thirty grains each, is a dose ; or give castor oil till it opens the bowels.

In Painter's Colic, after using the first mentioned remedies, give castor oil until the bowels are moved, and keep them loose with castor oil or stimulating injections ; give at the same time a pill every two, three, or four hours, made of pounded red pepper and lobelia ; this is called the lobelia or compound lobelia pill. Painter's colic and bilious colic will require a day or two, and sometimes longer, before entire relief is obtained. Cramp colic, as it is called, is connected with either wind or bilious colic, hence the same treatment is required.

Either wind or bilious colic may often be removed by drinking freely of warm water, say from two to four half pints ; drink a half pint at a time, every twenty-five or thirty minutes. Let the water first be boiling hot and then cool, so as to drink freely. If the water is only warmed it will nauseate, and often puke before it dilutes the viscid and mucous or bilely secretions, which are the cause of the colic. By filling the stomach with warm water, these foul or viscid secretions are diluted,

or made thin, and will pass off without leaving soreness. When warm water is used, it should be resorted to in the early or incipient stages. Nevertheless, it may be used to great benefit three or four, or even six hours, after the colic pains have become severe.

Dysentery.—This disease is often produced from foul matter in the stomach and bowels, which is generally of an acid character ; these impurities weaken, as well as irritate the stomach and bowels. The stools are frequent and watery, and often attended with griping pains, and the griping is usually proportionate to the quantity of acid in the bowels. Mucus and blood are often mixed with the matter discharged, and may be regarded as an index or symptom of the irritation in the bowels. The disease is sometimes epidemical, that is, produced from unknown atmospherical causes, and appears at irregular periods.

Treatment.—It is good policy to give a puke in an early stage of the disease ; give the puke in bayberry and ginger tea, or in a tea made of the root, leaves, or the dust of berries of white shumac, with pepper or ginger in it, or in a tea of composition, a tea-spoonful of either of the powders, to a cup of boiling water, with half the quantity of ginger, or one-sixth of red pepper, forms a proper dose ; one, two or three doses will puke if a tea-spoonful of lobelia is added to each dose. The steam bath, or warm bathing, is of great utility in this disease ; use it throughout the whole course of the attack—once or twice a day is not too often ; give warm teas while in the bath. After the puke has been given,

or where no puke is given, take a table-spoonful of the neutralizing mixture every half hour, if the griping is very severe, until relief is obtained, or until eight or ten doses are taken ; if the griping is less severe, once every hour will do. (See Neutralizing Mixture.) Children will take less ; a child two years old, a tea-spoonful is a dose, repeated several times, from thirty to sixty minutes apart ; usually six or seven doses is sufficient for children. This cordial may be given three or four times daily, as long as the disease continues ; but nine times out of ten it will stop the complaint in one or two or three hours, if the disease is produced from acid alone. When the bowels are very tender to pressure, indicating high inflammation, make a poultice of well-boiled meal and slippery-elm, wet with No. 6, or sprinkle with pounded red pepper, and apply warm, and continued moist and warm, with warmth to the feet and buttocks (or *nates*) ; drink a tea made of bayberry, shumac (the white is best) leaves, bark of the root, or berries and crane's-bill, mixed equal parts, and one-third ginger, or one-sixth pepper, a heaping tea-spoonful to a cup of boiling water ; drink about four drinks, from one to two hours apart ; a tea-spoonful of finely-powdered charcoal and sifted through fine muslin or other gauze, may be added to a cup of this tea, and taken once in two days, (all teas must be sweetened well with loaf sugar.) Use daily or oftener an injection of sweet milk, sweet oil and slippery-elm mucilage ; and occasionally use an injection of the tea spoken of as a drink, the injections should be about milk-warm ; if thirst is great, use slippery-elm water as a drink. The compound lobelia pill is a good remedy in mild cases of this disease.

Cholera-Morbus.—This disease is characterized by puking and purging ; it attacks suddenly and frequently soon ends its course. Give strong composition tea, or No. 6, and if not relieved, puke with the compound preparation of lobelia, bathe the feet and legs, and relief will frequently be as sudden as the attack came on. The neutralizing mixtures will give relief very speedily sometimes. An injection of composition may be used with benefit.

Diarrhœa.—This disease differs from dysentery, mostly in the discharges from the bowels being less frequent, less griping, and little or no blood, and the food passing undigested. It often becomes chronic, or of long standing, especially in persons of a nervous temperament. The neutralizing mixtures, taken three or four times daily, (See table, Neutralizing Mixture,) with about as many lobelia pills, is a good remedy in this disease ; a cordial made of the high-brier or dewberry-brier root is good ; boil the root strong, sweeten with loaf sugar, and add one-fourth of good French or Cogniac brandy, from two to three table-spoonfuls is a dose. When the disease has become chronic, the stomach is weakened. Therefore let the stomach be restored to its wonted vigor, if possible. The patient must be careful as to diet and exercise, and keep warm, dry feet ; friction with a flesh-brush or coarse towel over the region of the stomach and bowels is of great service ; rub night and morning. The anodyne drops have given relief, taken in tea-spoonful doses, in half a cup of tea, well sweetened, when other medicines would not. The lobelia pills, taken one after each meal, will strengthen the stomach.

Costiveness.—This affection should not be sought to be relieved by purgative medicines, for it is produced from a weakened state of the stomach and torpidity of the bowels, which cannot be cured by purgative medicines alone. The lobelia pills taken after meals, one or two at a time, is a good remedy. Charcoal pounded and sifted through fine gauze, taken in doses of a teaspoonful in a cup of composition tea at night, will frequently remove costiveness. This, with proper dieting, will often cure it. The diet should be light, consisting of ripe fruit, (and better if well cooked,) wild game, rye mush, wheat flour unbolted and well cooked; and regular exercise in moderation, and regular efforts at stool, once a day, ought to be observed.

Dyspepsia.—A quarter of a century ago this disease prevailed to an alarming extent. Improper medication and improper habits doubtless have had their influence in producing the dyspepsia. The lobelia pill has proved a good remedy in dyspepsia, and I suppose it has relieved more cases during the time it has been in use, and to the extent it has been used, than any one single remedy. I can recommend it with confidence, as a safe and efficacious remedy. Take a pill after eating, every day or every other day, as circumstances may require; always take one when the food seems to oppress the stomach. The spice bitters, or some other preparation of bitters, may be used; a teaspoonful of the spice bitters, in a cup of cold water of a morning, or before dinner, ought to be used. Light nourishing diet, deep, full breathing, moderate exercise in dry, pure air, and friction over the stomach and liver, with the above course of treatment,

will overcome most cases of dyspepsia. Mrs. Ezil, of Jasper county, Ga., daughter of John Jackson, of Henry county, Ga., can testify of the effects of this course of treatment.

Worms.—Doubtless children are often troubled with worms. Their production is beclouded with much mystery, but when manifest, the stomach is found in a disordered state, wherein is found much glairy, tough, slimy matter, connected with more or less acidity. In severe cases, attended with fever, they ought to be puked; after which give one or two doses of neutralizing mixture, then give composition or bayberry and ginger tea, with a small portion of lobelia, say as much as will lie on a five-cent piece, once in three or four hours (lobelia ought to be given in broken doses as long as there is fever); after the fever is off, or in cases unattended with fever, give tansy, boiled in new milk, a handful of the tansy leaves to a half-pint or a pint of milk, to be taken in half-cupful doses several times a day. The seeds of Jerusalem oak, in tea-spoonful doses, taken in syrup or otherwise, is a good remedy. Mint, wetted and applied to the stomach, will sometimes give momentary relief; a vermifuge compounded from the oil of Jerusalem oak, is a powerful medicine to expel worms. (See table, Worm Medicine or Vermifuge.) When the worms are expelled, give bitters or tonics, to prevent their return, common swamp-poplar bark, the root bark is the best, dried and pounded fine is good, very good to prevent the return or even attack of worms. Tansy and wormwood are also good; common salt, a tea-spoonful dissolved in a few table-spoonfuls of water, taken once or twice a day, has been used with success in wormy children.

Piles.—This disease is the effect of a deranged state of the lower bowels ; in the early stage it can be frequently checked and sometimes cured by using injections made of witch-hazel, dewberry-brier root, and bayberry, made strong, injected, and retained for some time ; after the disease becomes chronic, sitting over the warm steam of mullen and regulating the diet, eating rye bread or mush, or wheat flour unbolted, has given relief in some very bad cases. When painful, the essence of peppermint is very good to give ease, and when made about twice as strong as usual, say five parts of alcohol to one part of the oil of peppermint, will sometimes cure, though this is very pungent or smarting ; use injections occasionally of some mild vegetable astringent teas.

Rheumatism.—This is a very painful disease, brought on usually from sudden check of perspiration, or from cold and dampness after fatigue. It mostly affects the ligaments or grisly substance around the joints. The ankles, knees, wrists, elbows, shoulders and back are most frequently attacked, but it sometimes settles upon the muscles and the coatings of the eyes, etc. In rheumatism, sweating is of primary importance, and the relaxation of the muscles and ligaments, so as to admit free circulation, is almost indispensable in a complete cure of rheumatism. Lobelia, steam bathing and sweating medicines are the best means we can use to check and relieve rheumatism. Give a puke in the outset of the case, then take lobelia pills, one every two hours, (see table, Lobelia Pills,) with composition, balm, catnip, or other kinds of sweating teas. Apply a poultice made of sweet potatoes, (or leaves,) boiled soft, thickened with

a little meal ; it will usually give momentary relief. Slippery-elm and ginger, made into a poultice, with meal well boiled, or light bread and milk, made warm, are also good poultices. Take an ounce of camphor, dissolve in a pint of alcohol, to which add one and a-half ounces each of the oil of sassafras, the oil of cedar, the oil of hemlock, and of spirits of turpentine, shake till all is dissolved, then use as a liniment to the affected parts—this is a good liniment.

To purify the blood take an ounce of the root bark of the gray-beard or white ash ; the same of the black cohosh root (known as rattle root or weed,) and as much gum guaiacum, pound fine and put in a quart of good gin ; take half a wine-glassful (or three or four table-spoonfuls) three times a day. I have sometimes added an ounce of prickly-ash bark. Puke every two or three days ; give injections to relieve the bowels ; keep up perspiration with the lobelia pill and teas, and apply the poultices when the pain is very severe ; use the liniment and continue this course, and a cure may be expected in due time—say from two to ten weeks, mostly in two weeks. If the rheumatism is in the back and is chronic, a pill of soft turpentine, pepper and comfrey is remarkably good ; take two or three times daily.

Rheumatism in the back is called lumbago. The liniment above specified is very good, applied to the back ; a strengthening plaster is sometimes indispensable. As good a plaster, perhaps, as any, can be prepared from boiling pieces of fat pine roots, and spreading on thick cloths the oil or turpentine as it rises ; apply to the back and wear until it comes off.

Gravel.—This disease is characterized by a pain in the kidneys, in and about the bladder, and the passages to and from the bladder, and down the insides of the thighs, with a partial or an entire stoppage of urine. The pain is sometimes very severe. Give lobelia to relax the system, and give the warm bath ; make a tea of the roots of the queen-of-the-meadow (a handful to a pint of water) with half or one-third the quantity of milk-weed root. Drink freely. A tea of uva ursa, water-melon seed tea, or parsley-root tea, or cotton-seed tea, is also good ; drink freely of either. Horse-mint tea is very good. Give injections of composition tea, with from one to two tea-spoonfuls of lobelia. The warm bath, and lobelia to relax, and the queen-of-the-meadow roots, and the milk-weed roots, and the use of the uva ursa also, has relieved many cases, and sometimes very promptly. Red onions and No. 6 has done good.

Diabetes ; *Excessive Flow of Urine.*—This disease is brought on from a debilitated state of the system, especially the urinary organs, as the kidneys, etc. Puking is recommended in this disease. The use of the white shumac is among the best remedies for diabetes. The berries, bark and leaves may be tinctured, or taken in tea. The dust of the berries may be taken in substance, from a half to a tea-spoonful ; an ounce to the pint in tincture ; one to two table-spoonfuls a dose, three times a day ; ginger added to the tea makes it better ; half a tea-spoon of ginger and a tea-spoonful of the powders to a cup of boiling water, sweetened with honey ; from one to three lobelia pills, taken daily, in combination with the tea, tincture or substance ; the witch-hazel leaves, in equal

quantities, is sometimes combined. Give injections of the tea of shumac, as prepared to drink, only add about half a tea-spoon of ginger or one-eighth of cayenne pepper. The spice-bitters, in tea-spoonful doses, in a little water, may be taken before meals, twice a day. (See table, Spice-bitters.)

Retention of Urine.—This disease is produced from different causes, as weakness of the urinary organs, stricture, etc. ; which last sometimes requires a surgical operation by a skillful operator. In the first cases give an injection of bayberry and ginger, with an equal quantity of lobelia ; a tea-spoon of each. Give the warm bath, and take a tea of the roots of the queen-of-the-meadow, a handful to a pint of boiling water, uva ursa, water-melon seed tea, parsley-root tea, or tea of the cleavers, with a half tea-spoon of ginger added to each or either. Bathe as long as the patient is comfortable in the bath ; an hour would not be too long, if the patient is agreeably situated. This treatment will seldom fail to give relief, if the obstruction is not produced from gravel or other mechanical causes, and sometimes when that is the case.

Incontinence, or Want of Power to retain the Urine.—Children sometimes are unable to retain their water during the night. This defect usually gives way as they increase in strength. Give spice-bitters, in half tea-spoonful doses, with water enough to enable them to swallow it. This will strengthen the stomach and nervous system. Give the tea of the dust of the shumac berries, a tea-spoonful to a cup of boiling water, (drink

at night,) to strengthen the urinary organs. Take the bitters in the morning. Grown persons will take two or three times as much as children. Injections of the shumac are good. The cold shower-bath, in the morning, is strengthening in these cases. Friction to the abdomen and back, with a brush or coarse cloth, is beneficial.

Jaundice.—This disease is usually produced from a disordered state of the liver, characterized by yellowness of the skin and whites of the eyes, a bad taste in the mouth, etc. Give a puke as soon as the disease manifests itself, and repeat every two or three days till broken up. After the puke give a dose of mandrake (may-apple) and rhubarb, from fifteen to twenty grains each ; give a lobelia pill after each meal ; drink composition or some other sweating teas at night ; the third day give an injection of bayberry, ginger and lobelia, mix equal, and a heaping tea-spoonful, or a little more, of the compound to the quantity of water necessary for injection ; strain and use. Bathe the feet and legs well every night in weak lye or salt water—soda is as good as lye ; make the water slick with it ; repeat, if need be, the dose of the purgative medicine once in three or four days ; give it in broken doses, just enough to move the bowels once or twice. After the disease is checked, or a turn is taking place, give bitters ; poplar, bark of the root, white-ash or gray-beard, each about two ounces, one ounce prickly-ash (bark of the root), and dogwood may be added, mashed or scraped fine, and put to a quart of good gin or whiskey, taken in wine-glassful doses twice a day ; or the spice-bitters may be used, or four or five pills, made of equal parts quinine and red pepper, may

be used. If the disease has been of long standing give steel dust or anvil scales, pounded fine, in tea-spoonful doses, in syrup or honey. Do not give any preparation of iron in combination with quinine, but with any others they may be used. Six or eight hours interval should be observed between the doses of iron and quinine.

Apoplexy.—This affection is caused from congestion, or rush of blood upon the brain. It is always (for the whole nervous system is partially or wholly paralyzed) from the pressure of blood upon the brain, and if the circulation is not restored relief cannot be obtained. For this purpose, if the patient can swallow, give full doses of lobelia seed in tea; if he cannot swallow, pour some of the compound preparation in his mouth, which will not strangle but excite swallowing. Give lobelia by injections, in tea, either of the leaves, seeds, or the compound preparation. Make a poultice of soft mush and sprinkle lobelia over it, and apply over the stomach; this will relax the system, and restore the circulation, perhaps superior to any other medicine. Produce vomiting, if possible. Immerse the feet in water as warm as can be borne, not to scald. After the patient becomes conscious, remove the lobelia from the stomach. Two or three tea-spoonfuls of the compound preparation, in warm water or tea, is a proper quantity to be used at one time, to be repeated every few hours, if need be. The injections are of great importance; they aid powerfully in equalizing the circulation, and determining the blood from the brain. Three or four tea-spoonfuls of lobelia, in strong red-pepper tea, will answer a good purpose, when the compound preparation of lobelia is

not at hand. After the patient is relieved, give the lobelia pills for some time, or until his health is recovered.

Paralysis, or Palsy.—This affection is closely allied to, and is often produced from the same causes that produce apoplexy. It usually affects one side, but sometimes it is confined to a limb. The affected part loses the power of motion, either wholly or partially, and sometimes sensibility also. Its seat is mostly confined to the spinal marrow or brain. In the outset of an attack use injections of the compound preparation, in teaspoonful portions, either in tea or warm water. Give the steam bath, and afterwards puke; rub the spine with No. 6 or some other strong preparation of pepper or mustard; the second day give the steam bath again, and drink composition or take the lobelia pills while bathing, two or three a dose, afterwards shower down with cold water, rub dry, go to bed, put warm bricks to the feet and nates, and drink warm teas to produce sweating; continue in bed two or three hours; let the bricks be wrapped in damp cloths; repeat this course until the patient gets better; after an improvement takes place, give tonics, and take the lobelia pills after meals; spice-bitters, quinine and lobelia made into pills, equal parts, poplar bark, dogwood bark, etc., are all good tonics, and either may be used to advantage. The diet should be light and nourishing; wild game, as squirrels, rabbits, birds, etc., are the best; eat moderately, and take exercise in the open dry air, either on horseback or in a carriage, as the strength of the patient can bear it.

• **Epilepsy, or Fits.**—This disease or disorder is

brought on by affections of the brain, spinal marrow, or from irritating causes in the stomach, etc. When it is brought on by an increase of a hardened substance pressing on the brain or spinal marrow, a cure may hardly be expected, yet no one should fail to make a trial for relief. In this disease, as well as in apoplexy, puking with the compound preparation of lobelia is of first importance; relaxation is an important consideration. Give injections of two or three tea-spoonfuls of lobelia, apply it to the stomach externally by means of a soft mush poultice, on which the lobelia can be spread; the injection may be repeated even three or four times in the day, if the fits continue; give the warm bath to the feet and legs daily; rub the spinal column with pepper, mustard, or No. 6; a puke may be given daily, or every few days, according to the frequency and severity of the attacks; bitters may be used after a few days. Fits in infants and young children are often brought on from oppressions of the stomach, as overloading the stomach with indigestible food; worms, and sometimes from teething. When it arises from teething, let the gums be cut down to the tooth or teeth; it is proper, in all cases, to relax the system with lobelia, and where there is much fever, and the fits follow each other with rapid succession, apply a soft poultice with lobelia spread on it over the region of the stomach; give it by injections, and by the mouth; a tea-spoonful administered by injection, and take half the quantity, or a little more, by the mouth; this will rarely fail to give relief in one or two hours; great relaxation is sometimes produced, but this is only an evidence of the entire giving way of the spasms, relaxation and spasms being incompatible. As soon as

this state of relaxation begins to be manifest, remove the poultice and lobelia from the stomach, and wipe the stomach clean. After the spasms are broken up let the lobelia be given in broken doses with ginger, what will lie on the point of a pocket-knife, and the same of ginger may be given every three, four, or five hours, in a little tea or water. Poplar bark bitters are good after the fever is off; give in substance or tincture. Tansy, rue, or Peruvian bark, is also good.

Hysteria, or *Hysterics*.—This affection is peculiar to females, but men of very nervous temperament, of a delicate frame, and of sedentary habits, are sometimes also subject to affections similar to the hysterics of women, but with men it is called hypochondria. It rarely, if ever, attacks children under fourteen years of age, or persons over fifty. In advanced age those who have been subject to its attacks frequently get the better of it. This affection is characterized by low-spiritedness, melancholy, superstition, and fanciful notions, and is not unfrequently attended with a peculiar spasm called hysterical fits. These fanciful imaginations seem to baffle solid reason.

Treatment.—Until the spasms come on little else need be done but to take some mild tonics, nervines, or stimulants, devoid of narcotics. Narcotics may palliate for a moment, but will again strengthen the disease. The lobelia pills, taken after meals, one at a time, and a cup of composition at night, in which a tea-spoonful of anodyne drops is combined, is a valuable remedy and almost a sure cure. When spasms come on give the compound preparation of lobelia and anodyne drops, a tea-spoonful

each, in a cup of sage, balm, catnip, spice-wood, or penny-royal tea, repeated, if necessary, every three, four, or five hours; bathe the feet in warm water, relieve the bowels by any simple injections. Tansy or penny-royal tea may be taken when the monthly courses are present.

Hypochondriasis, or Despondency.—This affection is applied to men, and though similar to hysterics, is unattended with spasms. It is properly a state of melancholy, brought on from nervous debility, by excesses in various ways, such as excessive use of tobacco, spirits, opium, debauchery, etc. While the mind is thus depressed it usually views the gloomy side of almost every subject or circumstance. The subject of this affection seems almost as though he took pleasure in seeing everything in this melancholy light, and it is hard to rouse him from it. In this case, as in hysterics, the treatment must be stimulants, tonics, and nervines, devoid of narcotics. The compound lobelia pill, after meals, is as good as any I have ever used. A dose of composition with a tea-spoonful of anodyne drops, if taken occasionally at night, with the pills, as above stated, cheerful company, and moderate exercise, will almost always rouse from this state of despondency. A firm resolution to oppose these morbid feelings will conquer it.

Fainting.—This is mostly produced from want of arterial blood in the brain. When a person faints place the head a little below or at least upon a level with the body, dash a little cold water in the face, and apply some volatile smelling salts, as hartshorn, cologne, camphor or peppermint, to the nose. All tight dressing must be

loosed to give free circulation to the blood. If a person faints in a crowded room or large assembly, let him be taken to the open cool air—do not let the crowd rush upon him or her, so as to shut out the fresh air ; if the weather be very warm, fanning will be beneficial ; a few drops of any of the smelling salts, anodyne drops, No. 6, or the compound preparation, may be given in a suitable quantity of water.

St. Vitus's Dance.—This complaint usually attacks persons under puberty or before manhood, say from about the ninth to about the twentieth year of age, and mostly from the twelfth to the sixteenth year. It is characterized by twitching of the muscles or limbs, and sometimes prevents their proper movements, the person being unable to guide his hand to his mouth, or to place his feet or hands where he wishes, or to hold them still unless placed upon some object or solid substance, thereby rendering his gestures awkward and unpleasant.

Treatment.—The cold shower-bath of a morning, rub dry, and then rub along the spine with No. 6, in which camphor has been dissolved, an ounce to the pint, to which add an ounce of the oil of cedar, sassafras, or hemlock, or rub with the compound preparation of lobelia ; give bitters, as spice-bitters, poplar and prickly-ash barks, strongly tinctured, or quinine and red pepper, equal parts, made into pills, and from one to three to be taken before meals, and the lobelia pills taken after meals, one at a time. Gentle exercise, and light and nourishing diet : wild game, as rabbits, squirrels, birds, etc., is good.

Neuralgia.—This disease is manifest by severe

pain along a nerve, the real cause of which is frequently situated in a part of the body distant from the apparent location of the pain ; a diseased tooth will cause neuralgia in the face ; a disease in the womb may produce pain in the stomach or elsewhere ; a disease of the spine may produce pain in a limb, etc., etc. Neuralgia is, perhaps, oftener located in the face or some part of the head than elsewhere, yet it may attack the body at almost any part. The pains are sometimes very severe and of short duration, and frequently return at short intervals, at regular, but sometimes irregular, periods. In very severe cases give emetics to cleanse the stomach, and sweating medicines, as ginger, composition, Virginia or black-snake root tea, etc. ; give broken doses of lobelia to relax the system, and tonics and stimulants to aid free circulation, as spice-bitters and the lobelia pills. If the returns are periodical, give fifteen or twenty grains of quinine, an equal quantity of red pepper and nearly as much brown lobelia (which is the seed powdered) ; anoint the affected part with the compound preparation of lobelia and camphor dissolved in it (an ounce to the pint), or with a strong essence of peppermint. The vapor bath is of great benefit in this disease. While bathing drink freely of some sweating tea, as ginger, composition, etc. When the disease is in the lower part of the spine, kidneys or womb, injections to relieve the bowels are preferable to cathartics. When you wish merely to relieve the bowels give rhubarb and black-root, either single or combined, but when the liver is to be acted upon give mandrake and red pepper ; salt and good brandy, made strong, is good to anoint with, and drink in some cases of neuralgia.

Dropsy.—This disease is manifest by a collection of a watery-like fluid in some parts of the system. It is divided into five different heads or grades of dropsy, which are : ASCITES, when the fluid collects in the abdomen ; HYDROTHORAX, when it collects in the chest ; ANASARCA, when it collects in the cellular tissues, and is a general swelling ; HYDROCEPHALUS, when the fluid collects upon the brain or in the head ; HYDROCELE, when it collects in the scrotum. But as all these cases require a great deal of skill and sometimes a long course of treatment, I shall only speak of the most prudent means which will relieve and frequently put a stop to anasarca, or general swelling ; the others ought to fall into skillful hands, who ought to be eye-witnesses of their progress. When swelling of the feet and legs takes place, which, when pressed upon with the finger or thumb, leaves a pit or sunken place, if the tongue be pale or furred, or other symptoms of a disordered stomach, let the patient be puked with lobelia in strong composition tea ; in four or five hours take from fifteen to twenty grains of mandrake and red pepper, or at least enough to produce a tolerably free discharge ; bathe the feet and legs well in warm water made strong with salt, then take two parts of the fibrous roots of the queen-of-the-meadow and one part (or half as much) of the roots of the milk-weed, bruised fine ; take a table-spoonful of this compound and a tea-spoonful of ginger, and put to a pint of boiling water ; when nearly cool, strain and sweeten with honey or loaf sugar, and drink freely from one to two pints a day ; take through the day and night from six to eight or ten lobelia pills ; divide the time about equal ; give the tincture of poplar bark, in good gin, about as

strong as it can well be made, say three or four ounces of the bark, well bruised, to the quart of spirits ; of this take a wine-glassful, for a grown person, two or three times a day ; in some cases quinine may be substituted or alternated for the poplar-bark bitters, taken in four or five grain doses three times a day. After the swelling has been reduced give steel dust and unicorn root, equal quantities of each, a tea-spoonful a dose, twice a day ; anvil scales or carbonate of iron, double the quantities, is about equal to the steel dust. (Do not give quinine the same day you give any preparation of iron.) Use stimulating injections three times a week, or oftener ; a tea-spoonful of No. 6, or a little less of the compound preparation of lobelia to a cup of composition or bay-berry tea, makes an injection stimulating enough in ordinary cases. If it is supposed the liver is connected, or has any direct influence upon the disease, give ten or fifteen grains of mandrake, with half the quantity of red pepper, once a week ; this last had better be taken half at night and the other half in the morning after. If this course does not relieve in four or five weeks or less time, call in a skillful doctor, as you may be sure the disease is complicated with some important organ, hence its particular symptoms ought to be observed by an eye-witness capable to judge of the various causes and connections.

Scrofula, Glandular Swellings, etc.—A scrofulous habit is mostly constitutional, yet striking appearances of scrofula may be manifest in a child of sound constitution otherwise. Unsound food, improprieties in eating trash, over exercise, taking cold, etc.,

may produce symptoms similar to scrofula. When scrofula or glandular swellings manifests itself about the head or neck, let the child commence the use of suitable alteratives. A strong tea of bayberry and ginger is to be given, to which a portion of lobelia should be added, barely enough to nauseate ; let this be taken night and morning ; dose, tea-spoonful of bayberry and half the amount ginger, and about one-eighth lobelia to a half pint boiling water ; take half at night, the remainder in the morning ; take a lobelia pill after dinner ; if this does not cause the swelling to abate or lessen in a few days drink a tea made by steeping a handful of the sarsaparilla roots, one-half the quantity each of burdock and narrow-dock roots, all bruised, and put in a pint of boiling water ; let it remain as near the fire as it can, not to boil, for three or four hours, (put into a stone or earthen vessel,) which, after it cools, is to be drank in divided portions during the day. Anoint the swelled glands or places with the compound preparation of lobelia or strong salt and water. If the swelling appears to collect matter and it is desirable to bring it to a head, apply a poultice of slippery-elm and meal, well boiled, with ginger in it, a tea-spoonful of ginger to four or five table-spoonfuls of meal or bayberry, meal and ginger. Before applying the poultice anoint or wet the swelled place with No. 6, or as recommended before. An excellent liniment is made by simmering the scraped roots of the common prickly-ash in butter ; anoint with it once or twice a day.

Drowning, *Suspension of Life from that Cause.*—
When a person has been taken out of the water and

there is any hope that life may be resuscitated or restored, rub dry and wrap up warm, and give stimulating injections ; one or two, or even three or four table-spoonfuls of the compound preparation of lobelia, in a suitable quantity of warm water, may be used by injections, and repeated if necessary ; if the compound preparation cannot be had, use strong pepper tea or No. 6. If the same, but not quite so strong, could be introduced into the stomach by means of a stomach tube, it ought to be done. The limbs of the patient ought to be rubbed with the open hand or with cloths slightly warm ; external heat must be applied with great caution and slowly. As soon as the patient can swallow give stimulants, such as pepper or ginger tea, made strong, No. 6, or the compound preparation, which is most preferable ; a tea-spoonful in warm water is a dose ; two or three doses may be taken. Nourishing diet, such as soups, may be given as soon as it can be taken.

Lightning, *Suspension of Life from.*—Dash bucketsful of cold water in the face and breast if there is no breathing ; if the person breathe, care must be taken not to strangle. Give stimulating injections of pepper tea, made strong, No. 6, or the compound preparation of lobelia, in water nearly or quite cold, to be repeated several times if necessary ; the limbs may be rubbed and wet cloths applied.

Sore Eyes.—There are several species or grades of sore eyes. Sore eyes from cold ought not, in most cases, to have cold applications applied to them. Luke warm water and sweet milk make a good wash in such cases ;

if the inflammation is very high and the eyes very painful, a poultice made of finely powdered slippery-elm, in tepid water, or milk and water, will usually give relief. The alum curd is a good remedy, applied nearly cold. (Rub a lump of alum in the white of an egg until it curdles.) A mucilage of the pith of sassafras is very good. First make a very weak solution of the compound preparation, a drop to a tea-spoonful of water, wet the eyes with this, and then apply the mucilage of sassafras ; repeat several times a day, and wash at night and morning with tepid water and milk ; this will relieve most cases of sore eyes. If the sore eyes are of the scrofulous character, that is, arising from an impure state of the blood, let the person use sarsaparilla and white-ash (or gray-beard, as it is called) ; an ounce of the bruised roots of the first and half the quantity of the root bark of the ash, steeped six hours in a pint of boiling water, drank daily for several days or even weeks, will purify the blood and aid largely in the cure of sore eyes of this character. Wash the eyes with the preparation, as above directed, only make the solution of the compound preparation stronger. The narrow-dock root makes a good wash in this case : make a tea of the roots. It may also be drank in lieu of sarsaparilla.

Sty.—This is an abscess or a little boil on the edge of the eyelid. It frequently may be cured by pulling out the eyelash that is in it. A poultice of slippery-elm is very good, or light bread and sweet milk. There is another kind of disease or rising which takes place in the eyelid, which is lower down or further from the edge of the eyelid ; it is slower in its approach and much

harder to cure. Instead of pus it contains a matter resembling honey. There seems to lack vitality to bring it to a head. Anoint the part with the compound preparation of lobelia, keeping the eye closed to prevent the liquid from entering it, (this will require care,) and then apply a slippery-elm poultice. This treatment has relieved two cases in my hands ; one without any surgical operation, the other after the knife had been used without success.

Mental Derangement, *Insanity*. — This is a deranged state of the brain. Several causes are spoken of as producing mental derangement ; as deep and close study, disappointed love, sudden frights, jealousy, etc. Whatever determines the blood to the brain in undue proportions, or irregular flow of blood to the brain, weakens the nervous energy, and may thereby produce fatal derangement of the brain, and in its sympathetic connection weaken other organs, as the stomach, liver, etc., which may again augment the insanity. This disease is sometimes months after its appearance before it fully develops itself ; but after it is fully developed, and continues over two or three years, the chances for recovery are very doubtful. Indeed, medical men have almost abandoned the use of medicine in this disease, relying more on the change of situation and company than anything else ; yet, doubtless, cases have occurred that have been benefited by medicines early applied. Therefore cleanse the stomach and relax the system by giving lobelia emetics, then give strengthening anodynes and tonics, the anodyne drops in tea-spoonful doses two or three three times daily ; lobelia pills, one or two after each

meal, and bitters, if the liver and stomach have become much deranged, spice bitters, a tea-spoonful of the powders to a cup of water taken in the morning daily ; the sculcap, poplar, or other bitters may be used ; divert the mind as much as possible from the cause of its oppression ; bathe the feet and give stimulating injections with lobelia in them. The object is to draw the flow of blood from the brain and keep the system relaxed to favor equalized circulation.

That state of craziness produced from excessive drinking, called mania-a-potu, is much more manageable and less dangerous than that above mentioned ; mental derangement from drink has frequently been relieved in a few days ; a person laboring under this derangement ought not to be abruptly crossed or forced to anything, unless it be to prevent him from doing harm to himself or some one else.

The treatment must be similar to the above-mentioned : bathe the feet in warm water ; give an emetic ; give the anodyne drops or composition ; give stimulating injections ; and after the case is relieved, to break up the morbid desire for spirits, give daily, or two or three times a day, as the case may require, a tea-spoonful of the anodyne drops in a cup of composition, or other pure stimulants, as No. 6, in tea or warm water well sweetened. But do not use, either in the cure of the disorder or to prevent it, but very little if any ardent spirits, and if used at all, let it be diluted and well sweetened. Anodynes without any narcotics, pure stimulants and tonics are the best remedies and the best preventives in this case. After puking, and bathing the feet, give a tea-spoonful of the anodyne drops in composition or ginger

tea, and get, if possible, the patient to sleep ; after a few hours sound sleep, the recovery may be anticipated.

Headache.—Headache is often the effect of nervous debility and acidity of the stomach. It may frequently be relieved by applying the essence of peppermint and holding it to the forehead and temples with the open hands three or four minutes, to prevent its too sudden evaporation ; afterwards rub the forehead towards the temples with the hands. When the headache is accompanied with sickness of the stomach, let the means above mentioned be used, and if relief is not obtained, bathe the feet in warm lye-water, and take two or three lobelia pills ; this will seldom ever fail to give relief ; sometimes one pill will do. The use of composition and lobelia pills has broken up many cases of periodical attacks of sick headache under my knowledge ; as this affection is so harassing to many persons, let none fail to try the remedy who hears of it.

Toothache.—This tormenting complaint is produced from (one of) various causes, or a combination of causes, such as a foul stomach, nervous derangement, etc. In almost all cases the tooth has some defect. From the pain, most persons are induced to have the tooth pulled out, and in some cases the course is proper ; but if the tooth can be saved, let it be saved ; if possible, have it plugged with gold foil by a skillful and an honest dentist. To give momentary relief, take a tea-spoonful of the compound preparation of lobelia in a cup of sage, ginger, catnip tea ; apply cotton dipped in the same to the cavity of the tooth, or the oil of cloves, and bathe the

feet in warm water. If the jaw or face is pained, hold it over hot steam of bitter herbs, as tansy, hoarhound, featherfew, etc. But if the tooth cannot be saved by plugging, nor relief obtained without using some corrosive poison, let it be drawn.

Ear-ache.—This is a very painful affection, mostly produced from cold or some other depressing cause. It is confined mostly to early life. The wax, which in health exudes from the ear, is either perverted in its secretion or else hardens after it does secrete, and thus presses the nerves of the ear, which sometimes produces inflammation. Insects and other substances get in the ear sometimes and produce pain. If any living bug or insect gets in the ear, let the person lie with that ear up and pour in sweet oil : the insect will rise to the top of the oil, when it may be removed. If it is produced from cold or hardened wax, mix sweet oil and the compound preparation of lobelia and drop one or two drops in the ear, or dip soft wool or cotton in the mixture and put it in the ear ; syringe the ear or wash it out with castile-soap suds or sweet milk and water ; let it be a little warm. If this does not relieve, and matter is evidently accumulating, steam the ear over bitter herbs or pine tops, (the tender leaves,) and apply a slippery-elm poultice ; after matter begins to be discharged, still syringe the ear with castile-soap suds or milk and water ; all applications to the ear must be pleasantly warm, about blood heat ; keep the feet dry.

Palpitation, *or Irregular Beating of the Heart.*—This is often the effect of a disordered state of the stom-

ach and bowels, or other sensitive organs. Give a puke, bathe the feet and legs, take a cup of composition tea at night, and a lobelia pill after eating, and use friction to the body with a flesh-brush or a coarse towel, and especially over the region of the liver; take light diet and moderate exercise. The anodyne drops in tea-spoonful doses, and bitters may also be used if the case is of long standing—the drops at night and bitters of a morning. The heart is subject to a functional derangement. In a derangement of this character, the advice and aid of a skillful physician ought to be had.

Bleeding from the Lungs.—This affection may occur from several causes, as tubercles in the lungs, from depressions produced from cold, dampness, etc. It may sometimes arise from a weakened state of the blood-vessels from excessive drinking. It does not usually prove fatal at the outset, yet it is the foundation or forerunner of fatal consequences very frequently. Bleeding from the lungs may be checked by puking and taking beth-root, witch hazel and ginger tea—a tea-spoonful of each (dried and pounded) to half a pint boiling water, steeped till cool and drank at three drinks, thirty minutes apart; one or two doses is usually sufficient; bathe the feet in water as warm as can be borne. When this malady arises from any other cause than tubercles of the lungs, with strict care to avoid the influence of the cause, a cure may be effected. With pure stimulants, devoid of any narcotics, gentle or moderate exercise, nourishing diet taken temperately, and the avoidance of sudden changes of weather and dampness, and daily friction to the body, and deep and full breathing taken oc-

asionally, the fatal symptoms may be warded off, if not prevented.

Bleeding from the Nose.—When this occurs in the young and healthy, it very rarely proves dangerous ; but when it takes place with the aged and infirm, it sometimes proves fatal, or lays the foundation for fatal effects : a cup of composition tea, or sage and ginger tea, and at the same time immerse the feet in warm water, applying cold water to the face and temples, will usually stop bleeding from the nose ; holding up the left hand so as for the column of blood from the arm to press upon the arch of the large blood-vessel that proceeds immediately from the heart to the head will sometimes stop it ; if bleeding from the nose is produced from feebleness, use witch hazel or beth-root freely in the composition or other teas, and snuff or fill the nostrils with one or the other up to where the blood oozes out ; persevere in this course of treatment, and success will almost always crown your labors.

Bleeding from Wounds.—If an artery or vein is cut on the fingers or toes, the cut vessel need not be tied in ordinary cases ; to close up the place, apply some semi-mucilaginous absolvent, as witch hazel or beth-root and one-half or one-third of slippery-elm, comfrey and sugar, or even corn-meal or ashes, and bind sufficiently tight to stop the current of blood until nature can plug up the cut vessel. If it is cut high up the limb, let the vein or artery be tied, if any person is present who can do it ; if no one is present who can tie it, make a compress of several folds of cloth, and if an ar-

tery be cut, press firmly on the inside of the arm or leg above the cut in several places, until you find, by pressing, the blood is checked in its flow or squirt ; there apply the compress sufficiently tight to stop the main current of blood ; let it remain on for several days, it may be loosened after a few days, slightly, so as to see if the blood will run, keeping the arm or leg elevated at the same time. If a vein be cut, pursue the same course, *only apply* the compress *below the cut*. If the cut is high up the arm or leg and an artery is cut, draw a bandage very tight around the limb above the cut, (if the artery is easily found, put a compress over it ;) but if it be a vein, then bandage below the cut ; (the blood from a vein flows regular ; but from an artery, it flows in squirts ;) if a vein and artery both be cut, then apply the bandage above and below the cut, and send in haste for a skillful doctor. After the bleeding is checked, apply salve to heal the wound.

Bleeding from the Stomach.—If a person pukes up blood instead of spitting it out, you may know it is from the stomach and not from the lungs. The treatment requires a puke of lobelia to free the stomach of its foul contents, and then give a strong tea made of a tea-spoonful each, bayberry, witch hazel and beth-root, to half a pint boiling water, adding the same of ginger, or one-fourth of pepper, or a tea-spoonful of good No. 6, or half a tea-spoonful of the compound preparation of lobelia ; a half of a cupful of this tea, when cool, may be taken every hour, or less time, until the bleeding is stopped. Either one of the above astringents may be used when the others cannot be had, combining the stimu-

lants with it as above mentioned. Shumac or sage may be used, combined with either or any of the above astringents, or alone, when the others cannot be had. Use composition and the lobelia pills for several days, a teacup of the composition tea and three or four pills daily will be sufficient.

Cancer.—Cancer, in its proper meaning, is one of those unmanageable cases that needs but directions here. However, there are many ulcers which take the name cancer that are curable, but there is a species (which, perhaps, alone ought to bear the name of cancer) which is almost always made worse by applying any kind of corrosive or escharotic preparations ; hence it would be better, in my judgment, to let the complaint move on slowly, than to aggravate it by applying any kind of corrosives. If a person has a rough, ugly, dry scab or scaly protuberance on the face or nose, let him wet it with his spittle in the morning before he eats or drinks, or puts anything in his mouth. I am not able to account for the beneficial influence of this remedy, but there is a neutralizing property about it that will cause the dry scab to peel off and prevent its accumulating ; this has been the result in several cases that have come under my knowledge. The remedy is empirical. If an ugly, unpleasant sore arises on the face or elsewhere, so that an application can be made, apply a salve of rancid or musty bacon-rind and fine salt, or the yelk of an egg and fine salt. I apprehend this will not aggravate, and each has done some good.

Sprains.—When a joint has been sprained, pour

cold water on it two or three times in the course of one or two hours ; this will prevent too great a flow of blood to the broken ligaments ; then apply No. 6, or spirits in which gum camphor has been dissolved, vinegar, or some volatile liniment, and bandage tolerably tight, but not tight enough to prevent a proper circulation of blood. If the wrist joint is badly sprained, splints ought to be used ; first wrap a smooth bandage of cloth, then apply the splints, so as to keep the hand secure from motion ; a splint or splints ought to extend to the end of the fingers and back to the elbow ; keep the place moist with No. 6 or camphor.

Stone-bruise.—When pain is felt in the heel or ball of the foot, supposed to originate from a bruise, commonly called a stone-bruise, let it be steamed over bitter herbs or pine-tops, from a half an hour to an hour, then apply some stimulating volatile liniment, as No. 6, compound preparation of lobelia, camphor, etc., and repeat it several times in the course of two or three days. If this does not stop it, apply a poultice composed of the inner bark of the root of dogwood and corn meal ; the oak bark, agrimony, or wormwood poultice is very good, either of which will favor its coming to a head, as it is called.

When matter is sufficiently collected, let it be opened with a lancet ; after the matter is discharged, continue to poultice it with slippery-elm, red oak bark, light bread and milk, or some other soft emollient poultice. Wetting the place with No. 6 will also favor its discharging. When it has done discharging matter, apply salve to heal it up.

Severe Bruises, occasioned from falls, kick of a horse, blows, or from any other cause whatever, so as to stun vitality, rendering the vital powers scarcely able to react, give stimulating injections, one or two teaspoonfuls of the compound preparation of lobelia, or No. 6 in warm water, and in case where neither is at hand, pepper or ginger tea may be used. When animation or life seems to be restored, give pure stimulants internally, as pepper tea, composition, or ginger tea, with enough lobelia to keep the stomach slightly nauseated. The object of this relaxation is to favor circulation and still keep down a raging fever. If a hearty meal had been taken two hours before the time the shock was received, give a puke of lobelia or ipecac to free the stomach of its contents, as digestion cannot be carried on to much extent when the vital powers are thus weakened; give stimulating teas to favor perspiration, as balm or catnip tea, etc. Apply No. 6 over the bruised part, the compound preparation of lobelia, camphor or opodeldoc. Bathe the feet in warm water to aid perspiration. If the flesh is severely bruised, and the skin not broken, apply slippery-elm pounded fine, moistened with No. 6, or camphor, or some other emollient poultice. The stimulants and soft poultices will aid the capillary blood-vessels to restore vigor and life to the diseased part.

Wounds on the Head.—If the skin be cut, shave off the hair, and draw the edges together without any hair being between, if possible, and apply comfrey root, scraped or bruised fine, and brown sugar, wet with No. 6 or camphor; bandage it and let the bandage remain four or five days. Do not stitch a cut on the head.

Lint laid on the wound without anything else but the bandage will do in many cases. If the wound is very severe, stimulating injections and sweating teas, nauseating doses of lobelia will be advisable for the general health and restoring process.

Cuts, Wounds, etc.— In all cases of flesh wounds, whether they are cut, torn, bruised or punctured, as they are termed, they must be cleansed of foreign substances, if any there be, by washing or otherwise, then their edges drawn together as nearly natural as possible, and then the dressing and bandage applied. If the wound is made by an iron instrument, or any other hard and smooth substance, as a cow's horn, etc., and there has been no chance for dirt or other foreign substance to get in the wound, there need be no effort to cleanse, except it be necessary to remove clotted blood. When it can be done without, the less washing the better. When a large vein or artery is cut, it must be closed up either by tying, compress or plastic lymph. Let the artery be pressed or tied above the cut, and the vein below it. The blood must be checked or nearly stopped before the edges are drawn together and the dressing applied. If a cut or wound is below the wrist or ankle, the blood may usually be stopped by compress. If it is above these joints, the blood-vessels had better be tied, in which case, call in a skillful doctor, if possible, and to prevent fatal consequences from bleeding before a doctor can be had, press on the inside of the leg or arm with the thumb, with considerable force in several places, until you find the place where the blood is checked by pressing. When you have ascertained the place,

there apply your compress sufficiently tight to prevent fatal bleeding. If the blood flows regularly, it is a vein that is cut, if in squirts, it is an artery ; sometimes a vein and artery are both cut, in that case apply pressure above and below. If you cannot ascertain without too much delay, the proper place for the compress (which is made by forming a pad of several folds of cloth, and then bandaging tightly), tie a silk handkerchief or strong towel loosely round the arm or leg, then take a smooth, strong stick and run it through the loop, and twist it until the blood ceases to flow in a dangerous manner. After you are ready for dressing the wound, if it be deep, pour into it some No. 6, then draw the edges together, and if need be, take a stitch or stitches with a needle and thread, or hold the edges together with adhesive plaster ; if adhesive plaster is used, and the wound is large or deep, do not cover it entirely with the plaster, but leave space for the matter to exude or run out ; apply lint wet with No. 6 or spirits of turpentine to the wound where it is not covered with adhesive plaster ; do not remove the dressing for several days unless some bad symptom demands it. If the patient is feeble, and the tongue indicates a foul stomach, give a light emetic ; keep the bowels open by injections ; give sweating teas, enough to keep the skin moist ; if feverish, give broken doses of lobelia in the tea, enough to nauseate the stomach ; bathing the feet is beneficial. When the edges of the wound can be kept together without adhesive plaster, comfrey, brown sugar and No. 6 enough to moisten them make an invaluable remedy for bruises and cuts.

Wounds or Cuts in Joints.—Where there is a cut or wound about a joint, and especially if it is a large joint, as the knee, or ankle, or wrist, let the parts be closed as soon as possible, to prevent as much as can be done the air from getting into it. Apply lint dry, and bandage tolerably tight. If the joint is cut so as to let the liquid matter or oil of the joint escape, let the bandage extend along the limb to the joint above, so as to prevent, if possible, the contraction of the muscles ; pour No. 6 or the tincture of myrrh over the cut place on the lint ; apply a splint to prevent motion in the joint. The diet should be light, and the bowels relieved by injections. If fever occurs, give broken doses of lobelia. Do not remove the bandage, unless symptoms demand it, until the parts are healed or nearly so. If swelling makes it necessary, loose the bandage slightly ; drink slippery-elm water when feverish. If the cut has not reached the membrane that holds the oil or liquid of the joint, all that will be necessary, in most cases, is to close the parts, and apply comfrey and brown sugar wet with No. 6, and bandage. In young and healthy persons, this will cause it to heal in a very short time ; do not remove it, but wet the place occasionally with No. 6.

Scalds and Burns.—When a person is burned or scalded, but not so severely as to take off or crisp the skin, apply cold water, which is the best convenient remedy that can be used ; continue the cold water or wet cloths until the pain of the fire ceases ; if it blisters, apply cotton wet in sweet oil, or hog's foot oil ; don't cut the blisters until the new or young skin is formed underneath ; but if the burn is so severe as to crisp or

take off the skin, apply as soon as possible sweet oil and No. 6, or sweet oil and spirits of turpentine ; cover it with carded cotton. Slippery-elm moistened in No. 6 may be applied before the cotton, but do not omit the oil. In all severe burns the vital or living principle at the surface is measurably destroyed, which makes it necessary for powerful stimulants and antiseptics. If the pulse is weak, and the person complains of cold, give the compound preparation of lobelia, No. 6, or strong pepper or ginger tea ; give the No. 6 or compound preparation in tea-spoon doses every one, two or three hours, in warm water or tea, as the severity of the case demands. Drink warm teas ; relieve the bowels by injections, and keep the burn moist with the oil and No. 6 until the fire is out, then apply healing salves. All salves for burns ought to contain a large portion of the mucilage of slippery-elm or the pith of sassafras. If the hand and fingers, or under the arms, or any other part that is liable to touch, is burned so that the skin comes off, great care must be taken to prevent adhesion or growing of the parts together as it heals up ; keep lint or cloths between, spread with salve or wet with sweet oil and No. 6.

Frozen Limbs.—When a person gets any of his limbs frozen, cold water should be applied ; very cold until the parts become thawed, and even then the warmth ought to be increased very gradually. If a person becomes greatly benumbed, almost frozen, he ought not to be carried immediately into a warm room, but into a room without fire until natural circulation and sensibility be measurably restored ; give stimulating drinks, as

No. 6, in warm water, warm pepper tea, warm toddy, etc. This course is to be continued as long as the case requires it. Very light diet is to be given until digestion is restored, such as chicken tea, light soup, etc., all taken moderately warm, not over blood heat.

Boils.—In ordinary cases, very little attention is required in the treatment of boils. When boils first appear, while in their first forming stage, rub a little spirits of turpentine, No. 6, or compound preparation of lobelia, on the place two or three times in the course of forty-eight hours, and it will stop the progress in most cases, and check those it does not stop; slippery-elm, red oak, or some other soothing poultices may be applied when the boil cannot be scattered or stopped. Open it where there is evidence of matter sufficiently collected.

Carbuncles are sores resembling boils, but of a worse grade. Instead of a single head, with a core and matter, they frequently have many pimples, or apparent little heads on the skin, which seem to unite lower down, and when they come out, leave a large cavity, and very little matter discharged, except a shreddy, acrid substance, resembling a core, full of little threads. Bony parts, as the back, neck, etc., are most subject to carbuncles. They are slow to get well. Weakly persons are more liable to their attacks. Apply a poultice of beth-root, or the root bark of the white shumac and slippery-elm; thicken with meal, all well boiled. Bayberry and elm poultice is very good; dog-wood root bark, or oak bark also makes a good poultice. Local steaming to the part is beneficial. After the place is opened and discharges

its shreddy or acrid matter, wash the sore in a strong decoction or tea of bayberry-root, or castile soap ; then pour in No. 6. Poultice it until it begins to heal, putting lint in the cavity, if needed. Then apply lint and salve, wetting the place occasionally with No. 6. Moderate exercise, light diet, yet nourishing, and bitters are needed in the latter stage.

Whitlow, or *Bone Felon*. — This painful disease is mostly confined to the last joints of the fingers and thumbs. When the complaint is first felt, let there be an application of sulphur, or brimstone pounded fine, and the scraping of a bacon-rind, or the fat of old bacon made into a kind of plaster, and wrap up the finger or diseased part in it, and keep it there for three or four days ; this will prevent its further progress, perhaps nine times in ten, if applied in time. Holding the finger in alcohol, for several hours at a time, for two or three days, will sometimes put a stop to its progress. The compound preparation of lobelia does perhaps equally well, but if the complaint has run too far to be stopped, steam the part well over pine tops or bitter herbs for an hour or more, as it is agreeable to the patient ; then apply a poultice of slippery-elm, shumac root-bark, or sweet potatoes, (other soft emollient poultices may be used, the poultices to be thickened with corn meal well boiled). Repeat this course as often as twice a day, or more, if needed, which will obviate the necessity of cutting down to the bone in an early stage ; but when there is evidence of matter near the surface, open with a lancet. I do not recommend cutting too soon. Steaming at any stage is beneficial ; it will frequently give instantaneous

relief, and enable the patient to take a good nap of sleep. Let the patient take a tea-spoonful of the anodyne drops in tea or warm water, sweetened, after steaming, once a day, especially when steaming before going to bed.

White Swelling.—This tedious and lingering disease, as it often proves to be, is mostly an evidence of feeble health or a scrofulous habit. It manifests itself in the limbs, or about the joints. In treating this complaint, the first object is to improve the general health, as well as local applications. For this purpose, cleanse the stomach by puking, and the bowels by injections or mild laxatives, rhubarb and mandrake, just enough to move the bowels daily ; four to six or eight grains each will be sufficient. Give composition or bayberry and ginger tea at night ; take sarsaparilla, white ash, or narrow-dock, in tea or decoction, or in tincture, as an alterative ; give a lobelia pill after each meal to strengthen digestion and relax the system, and administer the steam bath, either local or general, daily ; and also apply a liniment composed of No. 6, made of alcohol, four parts, the oil of cedar, one part, the oil of sassafras, one part, and spirits of turpentine, two parts ; anoint well with this liniment, and cover with flannel, which must be moistened with the liniment occasionally. Comfrey root scraped fine, and wet with No. 6, and applied as a poultice, and renewed daily, is a good application. Keep up the general health by keeping the stomach cleansed, the bowels regular, and the skin moist, as directed in the above treatment ; give tonics to strengthen, poplar bark (the root is best), etc. White ash or graybeard, and the dog-wood makes a good bitter,

either in substance or tincture ; two or three ounces of these barks combined, to a quart of good spirits ; dose three table-spoonfuls twice a day ; dose in substance, a heaping tea-spoonful in water three times a day ; the barks must be pounded fine, and sifted through course muslin or bobinet, to take in substance.

Ulcers.—Ulcers are divided sometimes into healthy, unhealthy, and specific. In the young and robust, ulcers generally assume the healthy character. In the aged and infirm, and in the intemperate and dissolute, they usually assume more of the unhealthy appearance. Cancers, scrofulous and chancreous, or syphilitic ulcers, etc., are considered specific. Healthy ulcers, in general, require nothing more than to be protected from cold and the air by suitable bandaging and salve, and an occasional application of some stimulating lotion or liniment, as No. 6, tincture of myrrh, etc. Unhealthy ulcers are sometimes of long standing, and very hard to cure, requiring variety in treatment, and hence must be treated according to different appearances, and should be under the observance of a skillful physician ; yet to strengthen the general system is always beneficial, and some local treatment is innocent, and may have a good effect, as slippery-elm or charcoal poulticing, etc. ; cleanse the stomach by puking with lobelia taken in bayberry and ginger-tea ; repeat every week or less time ; keep the bowels regular, and the pores of the skin open. For this purpose take three or four lobelia pills daily, after meals and at night ; take a cup of composition tea at night, and the same amount of a tea made of sarsaparilla or sassafras root bark, made strong, taken of a

morning. Many ulcers, termed unhealthy, may be benefited by keeping them covered with lint and salve, and wet with tincture of myrrh, or No. 6. Local steaming is good to aid in healing many unhealthy ulcers, and washing the ulcer in castile soap will often be found beneficial. General steaming is good for the general health, but always drink some composition tea, or ginger and sage tea while steaming.

Venereal Disease. — Clap is considered the mildest variety of venereal diseases, and may be cured while in the early stage by taking a tincture of the May-apple or mandrake root, enough to act fully upon the bowels ; and then twice or thrice a day, for a week or ten days, eating at the same time milk and mush, and drinking slippery-elm water, and also taking two or three lobelia pills daily, after the first dose of the mandrake has fully operated ; also take rest. If the disease is not broken up in ten days or two weeks, apply to a skillful doctor, and abide his directions. Do not shift from one to another, at least for a length of time. If the disease is of long standing, or if it be syphilis or pox, it will require some time and a thorough course of alteratives to cure it, as well as external applications to the chancres or sores. The *sarsaparilla* the *queen's delight*, and the white ash, or graybeard, are the best alteratives. Escharotic washes, and the tincture of lobelia and slippery-elm poultices are the best local applications. From four to ten weeks will be required to cure it thoroughly.

Bee Sting.—The compound preparation of lobe-

lia is an antidote for the poison of bee sting. If the sting is external apply it two or three times, and the paining will cease. If the sting is in the mouth hold a portion in the mouth, or wet a swob in the liquid and apply it. A portion may be swallowed if the sting cannot be easily touched with the swob for this purpose ; it ought to be a little diluted. The tincture of lobelia is also very good.

Weak Nerves, *or a Nervous, Trembling Condition.*—If the cause is from a foul stomach, give a gentle emetic ; sponge the body in salt and water of a morning (use it first tepid ; if it is required to be continued any length of time apply cold after a few days) ; rub dry and take moderate exercise, but not out of doors in bad weather. Take a tea-spoonful of the anodyne drops of a night in a cup of composition or sage tea, luke warm and sweetened to suit the taste ; use friction with a flesh-brush or coarse towel or the open hand ; take a lobelia pill occasionally after meals ; bitters may also be used, such as dogwood, poplar, cherry, etc.

Prolapsus Ani, *or Falling of the Bowels.*—This rarely ever takes place but with children, or from severe purges of aloes, or other hard straining at stool. When the bowel protrudes let the person be laid down with his hips somewhat elevated above the level of the body, and make gentle pressure against the bowel, until it is fully returned. If the bowel is liable to protrude, use injections, made strong, and retained as long as possible, of witch hazel, oak bark, or shumac, or bayberry, and apply a bandage.

Hernia, Rupture (or Busson).—When the bowel is forced through the rim of the belly along the spermatic cord, it is called hernia or rupture; it sometimes forms a large sack in the scrotum or testicle. When rupture is produced let the bowel be returned as soon as possible to its proper place, to do which let the patient lie on his back with his hips elevated, then by moderate pressing aid the bowel to return into the abdomen or belly, then apply a plaster, made by boiling oak bark until it thickens a little, put it on a cloth and apply it to the place about opposite where the bowel leaves the abdomen, or about an inch above, and toward the hip, from where you feel it going back, and fasten on with a bandage around the hips and between the legs; by this means, and especially with children, a cure is sometimes effected; but if the cure is not permanent, let a proper truss be procured, and wear it constantly, except when asleep or at rest. When the bowel cannot be returned, and before too much exertion to return it has been made, call in a skillful doctor, but these cases are rare when the bowel first protrudes.

DISEASES OF WOMEN

AND EARLY INFANCY.

WOMAN, the helpmate and companion of man, is subject to similar pains and afflictions as those experienced by man, and in addition to which, because she listened unto the temptations of the Serpent or Satan, her sorrows and conceptions are multiplied, she is doomed to suffer pains and afflictions to which man is a stranger, only as he learns them by detail and observation ; but in the abundant mercy of God she has a promise left her that she shall be saved (under these) in child-bearing, if they continue in faith and charity and holiness, with sobriety. And as this promise, being the promise of God, is immutable, she has been enabled, and is yet able, to bear these pains without murmurings or faltering. But as the pains, which are the cause of, or have connection with her sorrows, are also connected with and sometimes affect other vital organs, and thereby undermine health and prove fatal (where faith and other graces are not exercised) ; therefore it is her duty to take heed and follow prudent advice, and not go carelessly or frowardly into those forbidden ways and acts, which are neither justifiable by Scripture nor warranted in prudence, but let her be discreet, giving heed to those prudent laws and requirements, called laws of nature,

given by a wise Creator, a just Judge, and a gracious Benefactor, who will judge of our stewardship. These peculiar pains or beginnings of sorrows, are realized as the girl approaches puberty or womanhood, and are manifested at the occurrence of that which is found among women alone, and is known under the name of monthly courses or menses, etc. The age at which this occurrence takes place varies several years, owing to climate, growth, health, etc. In temperate climates it takes place oftener between the ages of thirteen and sixteen years than otherwise, but with some it takes place at twelve years of age, and in others not until the seventeenth or eighteenth year, and in some rare cases it takes place some earlier or later than the years specified ; but these are very rare. This secretion or the appearance of the courses, ought to take place at the proper time of life, for although it is connected with the cause of woman's sorrows, yet it is as much a law of nature as perspiration or the discharge of any other secretion. But the number of years alone is not a sufficient indication for its appearance, there must be other evidences of womanhood or maturity, such as enlargement of the breasts (*mammæ*), expansion of the body, etc. When the girl has these corresponding evidences, *i. e.*, if she has passed her fourteenth or fifteenth year of age, and her breasts have enlarged and her system has expanded, and if she has periodical pains in the lower part of the abdomen, or back and hips, with a heavy bearing down or dragging sensation, and the courses have not yet appeared, there is evidence to suspect the existence of a hindering cause, and medical aid may be considered as necessary ; but until these

symptoms appear, if the girl's health is good, no medicine, under the character of emmenagogues, ought to be given, though she may be in her fifteenth or sixteenth year; healthy exercise, cheerful company, and dry feet, are about as much as is required. But when the symptoms as above mentioned are fully manifest, and the courses or menses do not appear, the woman's general health will become deranged, and another chain of symptoms will soon follow, unless relief is obtained, such as loss of appetite, paleness of the countenance, palpitation or fluttering of the heart, melancholy, spasms, etc., perhaps bleeding at the nose, and other parts of the body. *The treatment* in this case requires relaxing doses of lobelia, to unlock, so to speak, the capillary obstructions. If there is fever give a puke in composition tea, pennyroyal, balm or catnip tea; and keep the stomach slightly nauseated for twenty-four or thirty hours by taking from one-fourth to one-third of a tea-spoonful of lobelia, powder or tincture, every two or three hours, taken in pennyroyal, or some other sweating tea, and bathe the feet occasionally, at least once a day, and if the countenance is pale, and other evidence of debility is manifest, in addition to the above the patient must take stimulants and tonics; a compound made of two parts (or tea-spoonfuls) of bayberry, and one each of ginger and black cohosh (or rattle-weed), and a half of unicorn, to be taken in half tea-spoonful doses three times a day, in tea, syrup, or tepid water sweetened. The steam bath and the daily use of the lobelia pills are excellent auxiliaries, and will, with the above course, rarely fail to restore to health, or produce the wonted discharge of the menses.

When the menses or courses have once been regular, or fully established, and have become checked, or stopped from any other cause besides pregnancy, such as cold, damp feet, etc., means should be resorted to for its restoration. If cold be the cause (which is most commonly the case), the steam bath, hip-bath, or foot-bath, ought by all means to be used with such sweating medicines as are most likely to overcome the cold; a cup of composition tea taken three times a day, or of pennyroyal and ginger, or some other sweating teas, with two or three lobelia pills, taken every three or four hours, will usually be sufficient to overcome, and restore a healthy action, but if the case seems obstinate, add as much cohosh as will lie on a five-cent piece, and half a tea-spoonful of butterfly root to each cup of tea. If any other cause besides cold produces the obstruction, treat the case according to the cause, yet the above treatment may be used, let the cause be what it may (except the cohosh ought not to be used if the cause is pregnancy).

GREEN SICKNESS, or *Chlorosis*.—This disease is characterized by the appearance of the person, and is connected with a defective or obstructed menstruation, with numerous symptoms of bad health, sometimes supposed to be the cause, and sometimes the effect, of obstructed menstruation or courses. Be that as it may, it is abundantly evident that great torpidity and languor pervade the general system, and important organs in particular, as the stomach, the liver, the bowels, and especially the capillary vessels of the uterine organs (the little blood-vessels, etc., of the womb and its connections.) Hence the indications of treatment are pure stimulants to give

energy to the system, emetics and injections (or gentle purges) to cleanse the stomach and bowels, relaxants to unlock or relieve the capillary obstructions, pure tonics, gentle exercise, a light and nourishing diet to give tone and strength to the system. Therefore give an emetic of lobelia, as soon as the symptoms manifest the case to be that of chlorosis, or green sickness ; give the puke of the compound preparation in some tea, or else give the lobelia powder in bayberry tea, made strong with pepper or ginger ; half a tea-spoonful of pepper or a tea-spoonful of ginger to the cup of tea, and a full tea-spoonful of lobelia to be taken at three or four drinks, from twenty to thirty minutes apart, and repeat if necessary ; give an injection of composition or bayberry tea, with a half tea-spoonful of No. 6, or the compound preparation of lobelia in it, or else give from ten to twelve grains of rhubarb with an equal quantity of black root, or half the quantity of mandrake, taken in peppermint tea ; take a lobelia pill after each meal for three or four days ; use the hip or foot bath at night. After the stomach and bowels have been cleansed, use the following compound : a half tea-spoonful of anvil scales pounded fine, steel dust, or carbonate of iron, the same amount of ginger, and as much unicorn-root pounded fine as will lie on a five-cent piece, taken in the mucilage of slippery-elm, or of the pith of sassafras, or else in a little warm water before meals, two or three times a day for a week or more, after which the spice bitters, with the unicorn added, may be taken ; and when symptoms manifest the efforts of nature to bring about the menstrual discharge, such as pains in abdomen, hip, back, etc., take half a tea-spoonful of the black cohosh, put in a cup of

composition tea, and bathe the feet before the person goes to bed ; if the pains are severe, give a tea-spoonful of the anodyne drops in tea or warm-water ; give the lobelia pills occasionally after meals, until health is restored ; but after a few days, one a day taken at night may be sufficient. Moderate exercise, dry feet, cheerful company, regular rest in sleep, with light nourishing diet, will usually effect a cure.

EXCESSIVE MENSTRUATION.—Sometimes from debility or bad health, and perhaps a few other exciting causes, the menstrual flow is too excessive and too frequent, sometimes running the patient almost to death. This is to be remedied by aiding the natural powers to overcome the debility and strengthen the functions, and enable nature to perform the task allotted her. Give a tea made of the following compound : bayberry, two parts ; ginger and witch hazel, one part each ; beth-root and unicorn, one-half part each ; cayenne and cloves, one-eighth part each. (The measure may be a tea-spoon, table-spoon or anything else.) Then take of the compound a tea-spoonful, pour on it a cup of boiling water, and after it steeps till cool enough to drink, take one-fourth of the tea in the cup, sweetened ; in twenty or thirty minutes take another fourth, and so on till all is drank. This may be repeated two or three times, or else drink two or three cupfuls, one at a time, two hours apart ; bathe the feet and take one or two lobelia pills daily. If the flowing is very rapid, the tea should be made stronger, and taken oftener. Inject into the vagina, or birth-place, a very strong tea of witch hazel and shumac leaves, and inject a strong tea of that to be drank

into the bowels, adding a tea-spoonful of No. 6, or pepper; let the woman keep in bed, or what is better, on a mattress. As the disease proceeds from debility, and its tendency is to augment debility, it is not surprising that it should sometimes be hard to arrest. A puke is best to be given occasionally if fever arises; be careful always that the woman do not exert herself much, especially just after the flow ceases. Spice bitters, and unicorn, as in chlorosis, ought to be used during convalescence, or until health is restored.

PAINFUL MENSTRUATION.— Sometimes the woman suffers extreme pain during her menstrual period. This may be almost always relieved by taking the following directions: let the woman drink a tea composed of a tea-spoonful of good composition, with about ten grains of black cohosh (or rattle-weed root) added, all put in a cup of boiling water, and sweeten and drink when nearly cool; apply something warm to her feet, and take a tea-spoonful of the anodyne drops, with about as much of the unicorn root, pounded fine, as will lie on a five-cent piece, to be repeated once or twice; the anodyne drops and unicorn may be taken in pennyroyal, ditany, or balm-tree, when the composition and rattle-weed cannot be had. This course will rarely fail to give relief in a few hours, or at least it has not failed in my hands in many cases. I have sometimes given two or three lobelia pills; perhaps some rare cases might require more lobelia to relax further, especially if the cohosh cannot be had.

PREGNANCY. — When pregnancy takes place, the

menstrual flow ceases (or at least in nearly all cases,) and a new train of pains and sorrows set in, such as sick stomach, heart-burn, water-brash, etc., etc. These differ, however, in different women, and in different pregnancies of the same woman. The woman must not expect to be entirely and permanently relieved of these by medicine or human skill; they can be mitigated only. For sick stomach, let her take a cup of composition, spice bitters, a cup of coffee, or her breakfast, before she rises from her bed; and one or two lobelia pills at bed-time.

HEART-BURN AND WATER-BRASH may be relieved momentarily sometimes by keeping the bowels regular with injections, and chewing slippery-elm and swallowing the mucilage; take occasionally a dose of the neutralizing mixtures, or a tea-spoonful of fine charcoal in composition tea. Lime water and magnesia are also recommended.

SWELLING OF THE FEET AND LEGS.—When this takes place, give injections of composition and a tea-spoonful of No. 6 in it, unless the woman be troubled with piles; in that case the No. 6 would be painful, therefore slippery-elm and sweet milk would be better; take daily two or three lobelia pills, and bathe the feet well in weak lye or salt and water.

PILES.—If piles are troubling the woman, besides the soothing injection above mentioned, use an astringent injection of witch hazel and white shumac leaves; if the piles are external, apply the essence of peppermint, and an emollient poultice of slippery-elm, flax-seed or the pith of sassafras.

DESPONDENCY. — Where apprehensions of danger prevail to too great an extent, so as to affect the general health, a tea-spoonful of the anodyne drops in a cup of composition at night will have a good effect ; a lobelia pill after meals for a few days will strengthen the system ; cheerful company with moderate exercise in pure air, and bathing the feet at night, are also good.

COSTIVENESS. — This may be relieved by taking a tea-spoonful of finely pulverized charcoal in tea or milk for a few days, or eating rye mush, ripe fruit, by two or three lobelia pills daily, or by injections ; if these fail, a little rhubarb in mint tea, and sweetened well, may be used.

DIFFICULTY IN VOIDING THE URINE. — Where there is difficulty in making water or passing the urine, take watermelon-seed tea, parsley-root tea, Uva Ursa tea, or claver tea ; broken doses of lobelia in some of the teas, and the steam or foot bathing, will relax the system and aid in passing the urine.

MORBID CRAVINGS. — When the woman has morbid cravings, called longing, when it can be done and reason does not forbid, let the cravings be satisfied.

PAIN IN THE RIGHT SIDE. — When this occurs, we suppose the womb presses upon the liver, and of course cannot be entirely relieved, and such remedies ought to be used as will assist to equalize the circulation of the blood, and prevent, as far as can be, inflammation of that viscus, the liver. The use of the vapor bath, with broken doses of lobelia, either in tincture or sub-

stance, taken in sweating teas, will accomplish this to some extent, at least it has given some relief in my practice.

ABORTION OR MISCARRIAGE.—The usual time allotted for women to be pregnant, or, as it is usually expressed, to be in the family way, medically called Uterogestation, is ascertained to be about 280 days, 40 weeks or 9 months ; quickening usually takes place about the end of the fourth or the beginning of the fifth month, but these counts are liable to some variation. If the womb expels the foetus, or child, before the end of the sixth month, it is called abortion ; if that expulsion or delivery takes place after the end of the sixth month, and before the full time, it is called a premature birth. It is generally admitted that a child may live that is born after the seventh month in a healthy state, though it is usually weak and feeble for a considerable time, requiring close attention and care, neither can we rely with as much confidence upon its being raised as one that comes to its full time.

When there is flooding or hemorrhage, with painful contractions of the womb, manifest by pain in the lower part of the abdomen and back, we may suspect abortion ; still sometimes it does not take place with all these symptoms going before. Flooding or hemorrhage, however, cannot take place until a portion of the placenta, or after-birth, is detached, or is torn loose from the womb. If the separation is so extensive as to destroy the vital union between the mother and the child, abortion must take place ; if the separation is only partial, and the living principle between the mother and the child is not destroyed, the

union of the placenta may again take place, the child live, and abortion be prevented. If the child dies from any other cause, it must come away, or the mother will sink with it ; abortion in such cases is necessary.

The causes which produce abortion are various, such as sudden frights, sudden and excessive joy, bruises, overstraining, excessive grief, etc. An irritable condition of the womb will also produce premature contractions, and consequently cause abortion ; this irritable condition, with either of the other causes, augments the liability to abortion. Abortions are more liable to take place in the early months of pregnancy than in the latter months. The greatest liability is supposed to be from the seventh to the thirteenth week, yet no time is exempted.

Preventatives or Remedies.—When symptoms denoting an approaching abortion are manifest, such as painful sensations about the womb, flooding, etc., let the cause be what it may, an effort should be made to take off uterine contractions, the painful sensations about the womb, or the lower part of the abdomen and back. Let the circulation of the blood be equalized as speedily as possible ; nothing seems better calculated to accomplish this desirable object than vapor bathing and quietude, and rest in a lying position ; do not omit to take either the vapor bath, or the foot bath, and drink at the same time composition tea, balm, or some other sweating teas, with broken doses of lobelia in it, (as much lobelia as will lie on a ten cent piece to a cup of tea) ; this will aid very much in equalizing the circulation ; a tea-spoonful of anodyne drops taken in the tea every four or five hours will be ben-

eficial, and will, in most cases of simple irritability of the womb, relieve its contractions in from four to twelve hours. If flooding is present, in addition to bathing and rest let the patient drink a tea of the following compound: witch hazel, beth-root, bayberry, and ginger, a tea-spoonful of each to a half pint of boiling water, and steeped till cool enough to drink; a wine-glassful of this tea is to be taken every forty or sixty minutes with ten or fifteen drops of anodyne in it; either of the astringent articles may be taken single with the ginger added, only decrease the ginger one half; this may be continued twelve hours unless the flooding ceases sooner; if the flooding abates, but does not stop entirely, continue the teas but in less quantities. Keep the feet warm with hot bricks or rocks wrapped in damp cloths but not hot enough to burn the cloths, and give an injection to the bowels of the same kind of teas. If the flooding is very severe keep the patient in a lying position, compose the mind as much as possible, and enjoin quietude, and have such company only as the patient is pleased with (allowing always for necessary attendance). Some persons cannot bear much company, others are pleased with it.

CONSTITUTIONAL IRRITABILITY OF THE WOMB.—Some women appear to be troubled with a kind of constitutional irritability of the womb, so as to produce abortion or premature labor in almost every pregnancy, at least many in succession, without appreciable cause other than irritability; in such cases the following course is suggested. Use tonics externally and internally with anodynes; prepare a quilted bandage of thin cloth, with

little sacks or spaces from a half to three quarters of an inch apart, extending crosswise, not up and down ; fill these with dried tansy pounded fine, dogwood bark and unicorn and peruvian bark, either single or combined ; let this be applied and worn round the abdomen for several weeks before the expected time of miscarriage ; drink a tea made of the following composition—bayberry and dried tansy equal parts, ginger half as much, and unicorn one-fourth part ; a tea-spoonful of this compound, to a cup of boiling water, taken nearly cool night and morning, with a half tea-spoonful of anodyne drops in it and a lobelia pill after eating, one a day, every other or every third day for the same length of time ; bathe the feet occasionally at night, keep the bowels regular and the mind cheerful.

SIGNS OF PREGNANCY.—In the early months of pregnancy, the woman and sometimes friends are anxious to know her true condition. After the monthly courses have stopped, the most infallible signs are, sickness of the stomach, enlargement and hardening of the breasts with a dark ring around the nipples, change of countenance, frequent change of temper, heart-burn, water-brash or excessive spitting, toothachy, and apparently to become more slender around the waist ; yet these signs are not infallible, although they may afford a tolerably correct idea, especially if several of them are manifest at the same time ; quickening and smoothing of the umbilicus are additional evidences, and for simple curiosity they ought to suffice or be sufficient to satisfy, but all doubt is not always removed until enlargement of the abdomen, and, finally, delivery take place.

FALSE PAINS.—These pains frequently occur, and sometimes with such regularity and frequency as to induce the midwife, and sometimes the doctor, too, to believe true labor has commenced ; too hasty an opinion from insufficient evidence may lead to improper steps, especially with those who make a liberal use of ergot and other forcing means. To use ergot in such a case, would doubtless cause the woman to undergo unnecessary sufferings, and perhaps fatal consequences. To determine whether the pains are false or true labor pains, time and means are necessary, for although you make an examination and find the mouth of the womb soft and slightly opening, yet it is best to wait and give such aid as is neither forcing nor depressing, until nature determines the case. Bathé the feet or give the vapor bath to relax the muscular fibers ; give an injection of composition tea with a tea-spoonful of lobelia in it, which will also relax and remove a windy colic ; give some composition, or other teas, with one or two lobelia pills to strengthen the nerves and afford further natural aid ; use these means and wait patiently, and observe the progress, and, finally, never use opium in any of its preparations to allay pains, nor give ergot to increase them, especially when the powers of nature are sufficiently strong. If the pains are true labor pains they will increase in due time, and 'if they are false, with safe remedies they will cease and leave no bad effects following ; nature in this case, as well as others, will do her work correctly and in due time.

LABOR.—When the full time has come, and labor sets in, the first pains are usually sharp (though some may

have uneasy painful sensations for several days previous), and which continue a short time, and then relax or mostly cease ; but in the course of one or two hours, sometimes more and sometimes less, they return. These are termed cutting or grinding pains ; they will continue an indeterminate time, mostly from six to twelve hours, before the true bearing down pains commence. These grinding pains, though harassing, accomplish a great work ; they relax and overcome the resistance to the passage of the child. In first labors, therefore, and more especially in those cases where the woman is of a strong muscular fiber or make, and somewhat advanced in years, they continue usually the longest ; but as they are nature's works, no uneasiness ought to arise on account of the length of time they continue, provided no congestion upon the brain or other unpleasant symptoms are likely to take place, which sometimes, through fear or dread, or other causes, is the case. The woman, however, ought to be encouraged to bear these pains, harassing as they are, with all the fortitude and composure that becomes a woman under such circumstances. Let her remember it is that which all women have to endure, in a greater or less degree, who bear children. Let her be reminded of the promise of God, that while faith and charity continue with her, she shall be saved in child bearing.

No medicine is necessary at this stage in most cases ; *but if spasms from congestion upon the brain*, or from other nervous cause, seem likely to take place, let the woman take lobelia in catnip or balm tea freely, and bathe the feet in warm water with pepper or mustard in it ; give an injection of composition tea, with a half teaspoonful of the compound preparation of lobelia in the

tea, or if that is not at hand, put a tea-spoonful of lobelia in substance or of the tincture in it ; this will relax and take off congestion or rigidity. Wet the face and temples with cold water, or water and vinegar. If she is made to vomit, no bad consequences will arise, yet it is not always desirable ; do not, however, hesitate to give lobelia for fear of vomiting, but be sure to give enough to relax the system—one, two or three tea-spoonfuls, and sometimes more than that will be required to relax fully so as to prevent spasm. After the system is sufficiently relaxed, and the grinding pains subsided, or are rather changed into true bearing down pains, the woman becomes usually more composed and bears her pains with greater fortitude, and seems to yield her strength to aid nature to effect a delivery ; or, in other words, her efforts are more natural, and if she is assured that all things are right, and that progress is making, very frequently in the intervals of pain she is cheerful and mostly jocular, being willing to break a joke with the midwife and by-standers.

DURATION OF TRUE LABOR PAINS.—Where nothing obstructs but muscular rigidity, delivery is usually effected in from six to twelve hours after true labor commences ; frequently less, but sometimes longer.

DIVISIONS OF LABOR.—Labor is divided by medical men into three stages. The first commences with the opening of the mouth of the womb, or the setting in of the first pain, and extends to the head of the child passing through the mouth of the womb. The second stage embraces the entire delivery of the child.

The third, the delivery of the after-birth with its membranes.

CONDUCTING A LABOR; *or, the Duty of a Midwife.*
—When the midwife arrives at the place of her call, it is her duty (if she has been called in due time) to see that the bed and bedding, together with the woman's apparel, are arranged in due order. She must approach the woman with that composure and cheerfulness which will induce her and her friends to believe that she is thoughtful, and confiding in ultimate success. She is to observe the operation of the pains, and the condition of the patient, particularly her mind, for a few moments. If the labor is in its first stage, the pains light and transient, and no unpleasant symptom manifests itself, nothing but agreeable and cheerful conversation is needed for the present, except that she may, and perhaps ought, to apply her hands externally to the patient's sides and abdomen, to ascertain whether there is obliquity or hanging too much to one side or the other, or whether the child inclines too much in front; but if the pains are hard and frequent, an examination, per vagina or birth place, ought to be made to ascertain the condition of the womb and the presentation of the child. For this purpose let the patient lie on her left side, or on her back, near the foot of the bed, with her knees drawn near the abdomen; the forefinger is to be covered with sweet oil or lard, and introduced into the vagina or birth place, and pushed upwards near the back until it touches the womb, then bring it forward until you find the mouth or opening. If the mouth is opened as large as a half dollar, or to admit the end of two fingers, the bag containing the

water (called by doctors *liquor amni*) will be found to become hard or tight, and rather push itself out during a pain ; at this time the midwife can determine, while the pain is off, whether it be a head presentation or not (in most cases). The roundness and hardness of the head will usually be sufficient for her to determine whether the head presents or not ; the certainty of which will answer her purpose, without seeking to know which of the dozen positions the doctors claim or enumerate for the head to present in. *When the head presents*, we may rely with pretty firm confidence, that the child will be born in due time without the aid of instruments, provided the pains continue and the woman's strength holds out. And the head will not fail to present one time in a hundred (and perhaps in a thousand), where the woman has gone her full time and no accident happened to her during pregnancy ; and her strength is usually sufficient to the task. If the bedding and clothing are all properly adjusted, and the midwife has made the necessary examinations both to the sides and in front externally, and the mouth of the womb by the birth-place, and all so far are in a favorable condition, the midwife has really nothing to do but to talk and joke and smoke her pipe, if admissible, and wait for further manifestations, *remembering that a meddling midwife is wrong.*

But if the child has too much lying or inclination to either side, let the woman lie on the opposite side until she has one or two pains, or till she seems to get straight ; if it inclines too much in front, let her lie on her back, or else apply a bandage, which may be done in either case. When the waters break, as it is called, let there

be another examination made to ascertain if the hand or cord is coming down by the side of the head. If the hand is found descending by the side of the head, it would be well for the midwife to place the ends of her fingers or finger against the descending hand of the child during a pain or two, to cause, if possible, its return to a position less painful and dangerous. If the cord, by its too great length and weight, finds its way out by the side of the head, it should, if possible, be returned or pushed back, for notwithstanding it is not likely to obstruct the progress of labor very materially, or endanger the life of the mother greatly, yet it is extremely hazardous to the child, for while the head is passing the outward strait or passage, the cord is pressed so severely as to intercept or stop the circulation of the blood through it, which alone, as yet, affords life from the mother to the child. In attempting to return either hand or cord, the midwife must exercise reflection and judgment ; let her hold or keep up the cord in the most favorable position, until, if possible, the head may pass it before it enters the outlet or strait. If this is attended to early, and the cord is not unusually long, it may be accomplished, at least in some instances. If all is right after she has made this examination, the midwife still has nothing to do but wait further progress, and assure the woman there is nothing wrong ; and during the intervals of pain let the conversation be such as suits the temperament of the woman's mind. Some women are pleased and cheered by jokes, others cannot bear them to much extent, while some again are not pleased with much conversation of any kind, and can scarcely bear a joke. But during a pain conversation ought to

cease, in all cases, except what is absolutely necessary. When the head begins to press upon the outward parts the midwife should be at her place, guarding the perinæum, which is the part between the anus and the birth-place, and as the head is passing, the hand, wide open, should be kept against this part, making tolerable firm pressure against it, but with somewhat of a sliding motion backward, that is, as the head pushes forward, the hand over the perinæum ought rather to push the perinæum backward ; but this counter or backward pressure must by no means stop the motion of the child ; in a word, the design is to prevent the perinæum from being disturbed or stretched too far. As soon as the head passes the outward strait and is born into the world, all mucous matter should be gently wiped from the child's mouth, so that it may breathe, which it will sometimes do before the body is born fully into the world ; a finger should be put to the neck of the child to feel if there is a loop of the cord wrapped around it ; if there is, the loop ought to be slackened, if possible, so as for the shoulders to pass through it ; yet the pulling to loosen the cord must be gentle, and not hard enough to break the cord, or in any way endanger it ; the hand should be placed under the head and hold it in such manner as for it to be in a line with the motion the body is making ; as the shoulders are passing the last strait or outlet, the body will turn, which should not be hindered, but gently aided, by letting the head move regular with it, but no effort to turn ought to be made by the midwife, independent of or more than the turn nature gives. When the child is born and it cries we know that life is in it ; if it does not cry, lay it on its right side, which will favor the pas-

sage of the blood through the lungs ; if it still does not breathe in a few moments, dash a little cold water in its face, and gently rub the hand over its chest and stomach ; if it yet fails to breathe, apply, with the open hand, a little compound preparation of lobelia to the pit of the stomach and the right side, and high enough to be opposite the right lung, and at the same time, if the cord has ceased to beat near the after-birth, let it be tied about one and a-half inches from the child, and cut three-fourths or an inch from the tied place (and the tying made so strong as not to bleed), and the child put in warm water, holding the head up, and it moved up and down in the water, and continue the exertions as long as there is any hope of its life.

Delivery of the After-birth. — The after-birth is sometimes expelled with the same pain that expels the child, but more frequently, fifteen, twenty or thirty minutes pass before a pain to deliver the after-birth comes on ; and if the woman is not dangerously flooding no uneasiness ought to be excited if it be an hour or more. Make no exertion to force it away by pulling the cord ; a gentle motion at the cord may be made to excite contraction of the womb ; let the motion be downwards or backwards, and at the same time let the woman blow in her fist ; she may rise on her feet if she feels strong and is not flooding, but let her lean or bear upon the shoulders of the midwife and other attendants, and blow in her fist as above directed ; but if she is weak or fainty or flooding much, she had best not rise ; but give an injection of composition with a tea-spoonful of No. 6 in it, which will almost always cause a sufficient

contraction to expel the after-birth (it is also good to stop flooding). If, however, the woman is troubled with piles, less No. 6 must be put in the injection, as it would cause severe burning; a grasping motion with the hand on the abdomen over the womb occasionally will also aid to cause the womb to contract, and expel the after-birth, and ought to be applied when the womb does not contract readily. When the after-birth is delivered and the woman made as comfortable as her case will allow, a bandage ought to be applied around her, which should be previously prepared and ready; it should be wide enough to reach from the hip joint to the navel, umbilicus, with four or five loops and strings; let it be slipped under her without fatigue or exertion on her part, and tie the lowest strings and loop first about as tight as she can bear it without rendering her uncomfortable, and the next lower strings and loop in the same manner, and so on to the top; let the fastening be mostly to one side and not immediately in front.

Caution to Midwives.—There are occurrences which sometimes take place during the progress of labor that render it necessary that the midwife should be on her guard, and exercise manly fortitude, such as where the woman in her first labor has tedious, harassing, and cutting or grinding pains; she is very apt to imagine herself to be in a worse condition than any person ever was before and recovered; and if the woman has borne children, she may forget, and suppose that she is in a worse condition than she ever was before, and under such circumstances frequently urge that something must be given to increase and hasten the labor, and if her desire

is not granted she becomes restless and perhaps fretful ; her friends get uneasy, a hint is given, or an open declaration is made, that a doctor must be sent for, thereby indirectly telling the midwife that she either does not know her duty, or else that she is careless and indifferent ; and as but few persons can bear to be set back and take it patiently, without a firm resolution previously formed, and particularly if she has armed herself with those two deadly weapons, *ergot* and opium, or laudanum, she may be tempted to use one or both unknowingly, to the injury, perhaps, if not to the destruction of either mother or child, or both ; she may give opium or laudanum to check the severity of the pains, and then *ergot* to bring them on, first crippling the natural powers, and then urging them to such a pitch that irreparable mischief is the consequence. From these considerations, let me impress it upon you, O midwives, to remember that you are responsible agents ; it is your duty to consider nature's laws, and never cross them, but aid them. Nature has established these pains to accomplish a desirable end ; and when uninterrupted or not morbidly excited they will accomplish it, which is, to relax and prepare the system to undergo that which it could not do with safety without such relaxation and preparation. Let not personal considerations turn you from a wise and prudent course of conduct, especially in this case. The safety and sufferings of a fellow-being in deep distress, are in some measure placed in your hands ; so act that you may find rest when you lie down to sleep. Again, much evil has resulted from a too restless and hasty a desire to deliver the after-birth. Do not resort to any rash pulling at the cord, nor fatiguing ex-

ertions on the part of the patient, but wait a due time with patience; when the system has recovered from the shock, and has received strength, the powers of nature will deliver the after-birth in most cases; use the means as above directed, pursue that course, and wait with patience, provided no bad symptom is manifest. If flooding should occur in too rapid a manner, either before or after the delivery of the after-birth, give an injection of witch-hazel, bayberry, and shumac leaves, adding a tea-spoonful of No. 6, (provided the woman is not troubled with piles, and if so less quantity of No. 6,) and drink a tea made of beth-root, composition, and witch-hazel, (combined or single); a tea-spoonful to a cup of boiling water is a dose, to be repeated two or three times, if necessary, in so many hours, or half hours, and at the same time make a grasping pressure with the hand on the abdomen over the womb; make tolerable firm pressure, but not to create pain.

If the after-birth has adhered so fast to the womb that the contracting powers are not able to separate it, the hand must be gently inserted into the womb, and with the ends of the fingers cautiously and regularly separate it from the womb and bring it away. This course is more necessary where dangerous flooding is manifest; but it should not be done in a rash, headlong manner, and yet if there is not sufficient skill and courage, it is best not to undertake it, but send for a skillful doctor. Other presentations than the head, and turning is thought to be necessary at the full term of gestation or delivery, a skillful physician had best be called in. Turning is attended with danger, and as but few midwives have experience and courage enough to undertake

it, I would not recommend it to all, for turning ought not to be attempted but upon the best evidence of its necessity, and then to be performed with skill and courage. When the feet or breech presents, I would not advise to the effort of turning, for no advantage can be gained, for delivery will in almost all cases be effected through nature's efforts, only the progress will be slower and a little more painful, but in due time she will accomplish her work if the powers of the system are not too much enfeebled otherwise. When in breech or feet presentation and the lower extremities have passed and are out, and the head is passing the upper strait, sometimes one or both hands are forced up by the side of the head ; and when the shoulders do not come down with reasonable speed, we may suppose this occurrence has taken place ; a finger may gently be pushed up to the bend of the elbow and draw the hand down ; if the other is in that condition, pull it down in the same way, always being careful to hold the child so as to make it as easy as possible to come at the arm ; after the hands are down, hold the child in a line with the passage, and urge the woman to bear down, for the cord being by the side of the head there is great danger of the child's life if kept in that condition long, but if the woman cannot be urged nor persuaded to bear down, slip two of your fingers above the child's mouth and nose, so as to let it breathe if possible. The woman in this case may be exhorted to bear down, which it would not be proper to do while the head is passing in a head presentation, for the parts are dilated or opened by the passage of the body of the child.

Medicine during Labor.—In the majority of cases

very little or no medicine is needed ; but if the woman is in her first labor, and more especially if she is strong and robust, and somewhat advanced in life (say twenty-five or thirty), it may be prudent to give some lobelia in balm, catnip, or composition tea to relax the system ; this is safe in any labor, but not always necessary, for it is little trouble, comparatively speaking, for some women to bear children, and even the same woman does not always have a hard time alike. If the labor becomes lingering from rigidity, give lobelia to relax even to puking sometimes, but always give plentifully of teas or warm water if you puke. If the case becomes lingering, and the patient feeble, give the anodyne drops in half tea-spoonful doses every hour or two in tea. Composition or ginger tea may be used if the drops cannot be had. If the pains become languid for the want of nervous energy, give stimulants, as No. 6, compound preparation of lobelia in fifteen, twenty, or thirty-drop doses in tea or warm water. If the bowels need evacuation, give injections of composition tea, syrup and water, soap-suds, or gruel. If spasms occur, or manifest symptoms of them, give lobelia in tea-spoonful doses several times, until the system is fully relaxed ; give stimulating injections with lobelia in it, and make cold applications to the head. I am persuaded that nothing can be used with as much safety, and with as good effect, as lobelia in *puerperal spasms*, or spasms in child-bearing ; let no one doubt it until he has fully tried it. The lobelia may be taken in tea or warm water.

Dangerous Flooding.—When flooding is so rapid as to induce doubts of safety or fear of sinking, in addi-

tion to the course above directed, use stimulating and astringent injections, grasping, pressure, etc. ; wet a towel in cold water and apply to the lower part of the abdomen and to the *nates* ; but these cold applications ought not to remain long enough to produce chilliness, and when they are removed, wipe dry. If the feet are cold, warm applications must be made to them.

Difficulty in voiding Urine.—When this occurrence takes place, which it sometimes does, the bladder becomes full and feels like a hard tumor, somewhat to one side, and just above the pubes or cross-bone. The steam bath, or cloths wrung out of hot water and applied warm, will sometimes cause the water to pass ; injections with lobelia in them also have a good effect. Watermelon-seed tea, parsley-root tea, etc., may be given, but if the passage of urine cannot be effected otherwise, it must be drawn off with a catheter ; use, if convenient, a gum-elastic catheter or instrument. Insert where the water or urine comes out, and as you push it in let your finger guide the end so as to make it turn upwards.

Twins.—In cases of twins the children are not usually so large as in single births. The greatest precaution most necessary in these cases is to tie the cord in two places, and cut it between the ties if the first child has to be separated before the second one is born. Tie, as usual, the first tie about one and a-half or two inches from the child. But as the children are usually smaller in twin-births than single ones, the labor is generally shorter, and the second child is often born before it is necessary to cut the cord of the first, yet it is not always

the case. It is necessary to keep the woman encouraged, more especially up to the time the pains become regularly bearing down for the birth of the second child. I do not consider the danger augmented in twin-births but very little, if any, over single ones, in a great majority of cases.

CHILDBED OR PUERPERAL FEVER.—This disease seems to be at times somewhat epidemical; and again it assumes something of a contagious or catching form, and doctors caution pregnant women against its influence. But cases of child-bed fever have occurred, (and perhaps more frequently than otherwise in the country,) where symptoms and circumstances would not justify the idea that they were produced from either of the above causes, but from causes wholly local; yet precaution may be observed, and preventive means perhaps ought to be used in all cases, especially such means as are both innocent and efficacious; for this purpose let the following remedies and rules be observed, which have proved both innocent and safe so far as my observation has gone, and which are attested by other good authorities. Let the system be relaxed during the progress of labor, where it seems to be in the least necessary; after delivery let the woman have her bowels evacuated by injections daily, or every other day; the injections may be made of a heaping tea-spoonful of salt, and a table-spoonful of syrup or molasses to a cup of warm water, or a cup of composition tea, or simply gruel; let her take a lobelia pill after meals for three or four days, and then one pill a day up to the twelfth or fourteenth day. Let the house be ventilated with pure air and kept so; but not to be subject

to gusts of cold or damp air, nor yet to be kept too warm ; let her diet be light and nourishing, and suited to the appetite. This course will reward its observers.

Treatment of Child-bed Fever.—When this fever occurs, either from neglect or otherwise, the best course of treatment ought to be observed and instituted. When the abdomen or belly is swollen and tender to the touch, and accompanied with fever preceded by a chill or severe chilliness, let an injection be administered immediately, composed of composition or bayberry and witch-hazel, and a tea-spoonful of lobelia to either, and made stimulating with ginger, pepper or No. 6. An injection to be repeated in two hours, made of slippery-elm, the mucilage of pith of sassafras, or flaxseed ; and a poultice of slippery-elm and corn-meal well boiled, with a little cream or sweet oil, or lard, spread over it to keep it from sticking, and applied warm as can well be borne ; this is to be removed, wet and warmed, and reapplied as often as it gets cold ; let her drink some sweating teas, with broken doses of lobelia, balm, sage or composition, or instead of the broken doses of lobelia, the lobelia pills may be used, several of them taken daily or one every two hours. Let hot bricks or rocks wrapped in wet or damp cloths be kept constantly to the feet, and sometimes it is prudent to apply them to the nates. The injections must be repeated once, twice or three times daily, as the case may demand it ; as a constant drink, when thirsty, use slippery-elm water or mucilage. The diet must be light, such as crust-tea, elm-gruel, etc.; this is to be used during the fever.

MILK-CHILLS.—It sometimes occurs as the breasts be-

gin to secrete or fill up with milk, that there is chilliness, followed by more or less fever, and as child-bed fever is preceded by chills, uneasiness or dread is occasioned thereby ; but there is this difference : in milk-chills there is not that tenderness to pressure on the abdomen as in child-bed fever, and is without swelling. In milk-chills take a cup of composition tea, or a few lobelia pills, and apply a warm brick to the feet ; this will usually be sufficient to stop the chill and ward off danger.

MILK-LEG.—This disease may be considered as of rather rare occurrence ; it is less frequent than child-bed fever, and less immediately dangerous. The same means recommended to prevent child-bed fever will also aid much in preventing milk-leg. The vapor bath and stimulating injections with tonics, are mostly to be relied upon in the cure of milk-leg ; an occasional emetic will sometimes be necessary, with stimulating embrocations and relaxants. The compound preparation of lobelia or No. 6, four parts ; sweet oil, four parts ; the oil of cedar and the oil of sassafras each one part, make a good embrocation to rub on ; and three or four lobelia pills daily to relax, is a good course of treatment.

SORE NIPPLES.—Bathe the nipples well with a very strong decoction of bayberry two or three times daily ; apply the tincture of myrrh, so as to wet the nipples each time after the child has been to the breast ; cover the parts with salve in which cumfrey root has been stewed ; where the case is very severe, nipple shields should be used. If the nipples be washed with salt and brandy, or the tincture of myrrh daily for

three or four weeks before delivery, it will greatly assist in preventing them from getting sore. If the case becomes very bad, in addition to the local treatment let the woman take spice bitters, composition, and some relaxants, to strengthen the system and equalize the circulation, so as to prevent too great a determination of blood to the parts. This is only necessary in bad cases.

SWELLED BREASTS.—When the breasts become inflamed, swell and are painful from taking cold or otherwise, apply the tincture of camphor (or camphor dissolved in spirits) tolerably plentiful, and one-fourth or one-third of the quantity of the essence of peppermint, and cover them with wilted collard-leaves. If this does not abate the pain and reduce the swelling, make a slippery-elm poultice and apply it. This is, perhaps, the best poultice in most cases. That kind of a tree-fern or leafy moss that grows on the limbs of old post oaks, called, sometimes, Polapoda, makes a good poultice; mint and yarrow also make a good poultice; sweet potatoes are also good. The poultice should be removed frequently, say two or three times a day, and while it is off rub with camphor; but where the collection of matter seems to be very deeply seated, perhaps salve and liniments, or some other emollient application will answer a better purpose for a while than poulticing, as poultices long continued sometimes relax the parts too much. If the salve and liniments give as much ease as poultices they ought to be used. The woman, for her general health, may take composition or other sweating teas; if she has fever, give lobelia enough to slightly nauseate the stomach. When the matter is sufficiently collected,

the breast ought to be opened with a lancet at the lower edge at the point nearest to the matter.

DISEASES OF INFANCY.—Infants at their birth have an acrid matter in their bowels called meconium, which the midwife or nurse is anxious to see come away, and children (while infants,) are drenched with some purgative medicine for this purpose, no doubt, when, indeed, none ought to be used ; the mother's milk will, in most cases, cause a discharge from the bowels where there is no deficiency or malformation. If no discharge takes place within twenty-four hours, an injection of sweet milk and water or the mucilage of slippery-elm, milk-warm, will answer as well, and perhaps better than purgative medicines. A small syringe well oiled and carefully inserted can be used.

INFANT'S SORE MOUTH.—In this disease there is a thick white covering over the tongue and sides of the lips resembling milk curds. Rub this off with fine bayberry bark and loaf sugar, and then cover the tongue with prepared chalk and loaf sugar, and let the child swallow it or a part of it ; repeat this once or twice a day for a short time, and it will usually cure this affection.

COLIC, Gripping, Green Stools, etc.—From a weak condition of the stomach and from undigested food, acidity is produced in the stomach and bowels of children, causing colicky pains, griping, etc., which is attended very frequently with a greenish mucous discharge. To relieve this, give a little tea made of bayberry and

ginger, a tea-spoonful of bayberry and one-half of ginger to a cup of boiling water ; when cool or nearly so sweeten well with loaf sugar, then give from one to three table-spoonfuls at a time, with five or six drops of the tincture of lobelia, or as much of the lobelia powder as will lie on the point of a small penknife ; to be repeated two or three times daily. If it is colic without the green discharge, give calamus or ginger tea with from two to ten drops, according to age, of the anodyne drops in the tea.

Children that are subject to attacks of colic, and a disordered state of bowels, ought to use spicewood tea ; make a tea of the twigs of spicewood, and add milk and clarified sugar enough to make it palatable, and use it as food, especially where the child has to be fed much. It will strengthen the digestive powers, purify the blood and supersede the use of almost all other medicines. The virtue and merits of the spicewood have perhaps never been appreciated by medical men as they deserve. It is a matter of doubt with me, whether its virtues have ever been properly tested, or its merits clearly understood by medical authors, at least I have never seen that account of it, or that meed of praise awarded to it, that I am convinced it fairly deserves. In purifying the blood of children from ill humors, and in strengthening the digestive powers, I have witnessed its good effects for upwards of thirty years ; I have used it, and recommended its use, both in public practice and in private families, and have no cause to regret its use or to complain of its failure. I therefore confidently recommend its use in all cases where children have to be raised by hand, weak stomachs, or humors in the blood. It may be used without the least dread or fear of danger.

CHOLERA INFANTUM; *or, Puking and Purging of Children*.—This disease is usually brought on by an acid collection in the stomach, or foul secretions; to relieve which, give a gentle emetic of lobelia in bayberry and ginger tea. Then give one or two tea-spoonfuls of the neutralizing mixture at a dose, and repeat every hour, or less time, until relief is obtained or until eight or ten doses have been taken. This will rarely fail to give relief; but if a cure is not effected, give bayberry and ginger tea in table-spoonful doses, repeated every half hour for three or four hours; then give three or four doses of the neutralizing mixture again, and bathe the child in warm water with soda or hickory ashes enough to make the water slick. Injections of composition or bayberry tea are good, and sometimes necessary. This course will usually effect a cure.

TEETHING.—During the time children are teething, or cutting teeth, their health is precarious and uncertain; the nervous irritation caused by cutting teeth, almost always affects the general health to a greater or less extent, but as it is a natural operation, the treatment should be to aid nature, and such remedies used as the symptoms demand. If the system is feverish, relax it in proportion to the rage of the fever. If the stomach is foul and become unsettled, give a puke. If the bowels run off, give the neutralizing mixture, and then composition or bayberry and ginger tea; bathe the child and give injections of bayberry, witch-hazel or cranesbill. If the gums become inflamed and swelled, let them be cut down to the tooth or teeth, give sweating teas, etc. The use of the spicewood at meals or at

night, during the time of cutting teeth, will greatly aid in warding off bad consequences arising therefrom. Pure air, gentle exercise with wholesome food, are also requisite. Children sometimes have *spasms* or *fits* during dentition, or teething, arising no doubt from nervous irritation, either directly or indirectly. In cases of spasms give lobelia freely, promptly and unhesitatingly ; relax the system and the spasms will cease. If you cannot give it by the mouth, give it by injections, and apply it as a poultice to the stomach ; no dread or fear need be entertained, if it be necessary to give one, two, or three tea-spoonfuls during the day, or twelve hours. If the fits cease and the child commences throwing up, remove the external application ; or if it seems to become feeble, remove it ; but let it sleep as long as four or five hours, and when it arises and takes what is necessary, and falls asleep, let it have its nap. Cold applications to the head and warm feet-bathing is a good course ; but do not hesitate to relax the system with lobelia ; spasms and relaxation are incompatible.

The following is set down as the general order of cutting teeth : the first four front teeth are usually cut from the fifth to the eighth month, and from the seventh to the tenth the other four ; from the twelfth to the sixteenth month, the four back teeth ; from the fourteenth to the twentieth month the eye teeth, and the corresponding under teeth ; from the eighteenth to the thirty-sixth month the four molars or jaw teeth. These twenty are called milk teeth which are generally shed and renewed. The order as above arranged is not uniform. Perhaps much of the disorder arising to children during teething may depend upon the unusual quantity of food

taken into the stomach. The irritation caused by the pressure of the teeth against the gums causes the child often perhaps to eat more than is necessary, and from its fretfulness, the mother to quiet it gives it the breast when it would not be done otherwise ; and from these causes the child's stomach is filled with more food than can properly be digested, and which itself becomes a cause of disease. Mothers ought to remember this.

REMARKS ON RAISING CHILDREN.—Children should be clothed from their birth with warm soft clothing, sufficient to keep them comfortable, according to the temperature of the season and climate ; but by no means ought they to have a superabundance of clothing on them ; neither should their clothes be put on in the least degree binding. This is to be observed during infancy and childhood. Infants should not be carried too much in the arms of their nurses ; and very special care should be taken that their stomach and bowels do not press against the nurse, for a length of time together. When it is necessary to carry them in the arms of the nurses, let them be carried in an easy position. Sitting in the lap and dandling on the knees are proper exercise ; dandling on the knees will cause the child to use its arms and legs, which is a benefit to it. As soon as the child can crawl or walk, it is not prudent to keep it always in the arms or lap of the nurse, but let it often make its own exertions, only keep it out of danger. When children can run about, do not confine them too much in the house, but permit them to run about and amuse themselves with new scenes ; it will expand the mind, give suppleness to their joints and strengthen their limbs,

but guard them from danger and bad weather ; *mark this* do not keep the *mind or body of a child cramped*. The diet for children should be light and nourishing ; eating frequently, but not much at a time, gradually bringing them to regular meals as they grow and are able to bear the change. If the mother is healthy, her milk is doubtless the best food for the child, because an allwise Creator has established it for that purpose, and nothing ought to take its place for a length of time until nature gives evidence that it is prepared for stronger food ; cutting of teeth is an indication that other food is being demanded ; milks, broths, pot-liquor (if you will allow the term), bread, butter, gravy and meat, is a good order to be observed, combining these as reason may dictate. Children should be kept cheerful and playful, having their minds amused with innocent amusement. And while I am treating upon *physical prudence*, suffer me a little to touch upon *moral prudence*, as they are somewhat connected together.

While you are endeavoring to raise your children with health and strength, remember that you are directly acting as stewards to God. Therefore, as with health and strength, so let them be brought up in the fear and admonition of the Lord. Parents, then, in giving instruction should govern their children with mildness and yet in firmness. In order, therefore, it would seem, to enable parents to be the better stewards or governors of their children, a gracious and an all-wise Creator has implanted in the bosom of man a love and care for his offspring above all other living beings ; having the power to reason, and having the benefit of experience, and the revealed word of God as a guide,

with this tender love and care as a guard, where could we expect to find one better qualified to act the part of faithful and good stewards in things pertaining to this life than parents to their children? and yet, alas! how many bad endings may be traced to the want of proper and correct training during childhood and youth. For the good of children, will not parents consider the obligations they are under in this respect? Where are the love and fear of God? Where are the love and care of children? Have they no power? have they no influence? Hear, therefore, the promises of the Scriptures, and listen to their commands in this respect. "Train up a child in the way he should go, and when he is old he will not depart from it." Prov. xxii. 6. Is this the word of truth without the possibility of a failure? Surely it is! Now for directions turn to Eph. vi. 4. "Fathers, provoke not your children to wrath, but bring them up in the nurture and admonition of the Lord." Col. iii. 21. From these scriptures it is evident that parents ought not to scold and fret for every small foible of children, neither threaten them much; some children by a bitter and morose course of treatment become discouraged, dejection and despondency get hold of them; under such circumstances the blood does not have free and proper circulation, their health becomes impaired, and a lasting foundation of disease or a premature death is doubtless the result in many cases. On the other hand, this blustering, threatening and morose course of treatment, sometimes begets a like ungovernable passion in the child or children, which causes them to go in forbidden paths until they become hardened in vice, and from one step of disobedience and dissipation to another, may end in ruin and

perhaps find a premature grave. Neither ought parents to cuff and whip their children much, for this is unnecessary where the rule is observed to govern in love and wisdom, with mildness and firmness. The child should first have a clear understanding of what *wrong* is ; and then to know that to reprove or correct for doing wrong is an evidence of the love of the parent to the child and a duty to God. In this way the child or children would often be cheerful and lively after reproof or correction, and would willingly kiss the hand that bore the rod, and guard against it in future ; but without observing this rule, and beat and cuff or scold and threat, the child or children not knowing why or wherefore, the evil consequences of desperation may reasonably be feared, that is, the child will either sink heart-broken into despondency or death, or else fly off into deep vices. And parents should remember also, not to let their own love and sympathy for the child or children turn them from obeying God's command, to lay on the rod when it is absolutely necessary. The hand should not falter with the rod in it, when God says lay it on. Remember Abraham when God told him to offer Isaac ; see how he faltered not. Gen. xxii. 10. God says, "Spare the rod and spoil the child ;" again he says, Prov. xix. 18, "Chasten thy son while there is hope, and let not thy soul spare for his crying ;" again, same book, xiii. 24. he says, "He that spareth his rod, hateth his son ;" again, the same book, xxix. 17, he says, "Correct thy son and he shall give thee rest." But for the want of observing these commands, how often has it been witnessed that the child or children, after having received a positive prohibition or command, with a severe threat, in

order to show how little they regard it, go and do the very thing forbidden, or act right to the reverse of the command, and if the threat is attempted to be carried out, either in pretense or otherwise, the child would fall into the most ungovernable passion ; cry and bawl and tear its clothes, and in one instance, witnessed by the author, to bite its own arm, to show its resentment to its parents. Yet the tender-hearted but indiscreet mother, not remembering what God has commanded, or not remembering that she is under obligation to observe it, will often commence begging and threatening alternately to get the child to hush, and then hire it and persuade it to become reconciled again. Oh, frail humanity, and misguided love ! what are thy trophies ? Some children are naturally ungovernable in their disposition under any treatment, and in the law of Moses a clause is inserted requiring capital punishment against such, and we ought to be thankful that these are few and far between, while we should blush to know that most who become ungovernable are made so for the want of proper government. But whether the child is naturally ungovernable, or becomes so for the want of proper training, whenever it gets angry or falls into these unwarrantable rages at hearing reproof or receiving a command, a ply of peach tree, or willow switches judiciously applied in proper portions to the nates and lower extremities, will in most cases act like a charm in equalizing the circulation and determining the blood from the brain ; in other words, it will cure the child of the fit of madness, and soon restore it to a perfect state of good humor and cheerfulness again. (Do not tamper too much with such palliatives as begging, hiring and per-

suading, lest the fits terminate in insanity.) Nothing is more agreeable in a family circle, than to see children well governed, obedient, cheerful and healthy, all dwelling together in love and unity. But the reverse is truly mortifying. I have made these remarks on moral training in connection with my subject for two reasons : first, because we should do all that we do to the glory of God ; secondly, because I am convinced from observation, that imprudent passions indulged, and immoral conduct, have much influence over the health of the body. The Scripture says, "Be not over-much wicked, neither be thou foolish : why shouldst thou die before thy time?" Eccl. vii. 17. My desire is that my readers may appreciate it properly.

Children ought to be kept from filthiness and as clean and decent as their playfulness or business will admit, without fastidiousness or too much nicety ; it is best for them to play and amuse themselves, even if they do get a little dirty. These remarks are made from long observation, with full confidence of their correctness. When children are washed all over, the water ought not to be too cool, very little under blood-heat is as cool as it ought to be, particularly if the child has been exercising. Cold applications are best made in the morning. Perhaps there are as many children that are made subject to disease through fastidiousness or too much niceness as there are from filthiness, and in all probability more in proportion to the number that go into these extremes ; yet both are wrong. As a general rule, to wash the hands, face and feet once a day, and general washing, or washing all over, once or twice a week, is sufficient. And changing their clothes once, twice or three times a

week is enough. Occasionally, however, circumstances may render it necessary to vary this rule.

CHAFING. — Infants and young children become chafed, or the skin excoriates and comes off about the neck, ears, armpits, under the thighs, groins, etc. This will in general be relieved by applying scorched lint or cotton, with starch flour of meal sprinkled over it; tar-water is good; comfrey-root, scraped and stewed in cream, is very good, especially if the parts are much inflamed.

DISEASES OF THE BRAIN. — Children are subject to diseases of the brain from early months of infancy to the thirteenth or fourteenth year of age, but the symptoms attending which are equivocal and uncertain. These are grouped under four heads: first, congestion upon the brain; second, watery infusion or dropsy of the brain; third, softening of the brain; and lastly, wanting nervous energy, or enervation. A dull, sleepy, senseless condition, or a comatose state, is often manifest at some stage of the most, if not all, of these different forms of disease. Under this complication and uncertainty, no doubt many a poor little sufferer has been freed from pain by passing the ordeal of the last of time through misguided judgment and misapplied remedies. To resort to depletion under any or either of these forms of disease, would doubtless be very hazardous, except perhaps some instances of congestion, and even that would be uncertain, for if depletion in congestion is resorted to, it will very probably change the form to watery effusions, softening or enervation. Therefore let the

treatment be such as will sustain the vital energy. Warm bathing to the hips or up to the armpits, and drink at the same time some relaxing sweating teas, as catnip, balm, and sage with ginger and lobelia, and relieving the bowels by stimulating injections of composition, etc., and by applying cold water with salt or vinegar in it, or cold water tolerably freely used alone, is a safe and salutary course. A puke at the outset is frequently demanded or indicated ; broken doses of lobelia in the teas, throughout the whole course of the disease, is necessary ; bathing ought to be resorted to once or twice daily, and the injections repeated two or three times if the urgency of the case demands it ; the injections may be composed of composition, bayberry, shumac, beth-root, or crane's-bill, with ginger, pepper, No. 6, or the compound preparation of lobelia, enough to make it tolerably stimulating, say from a quarter to a full tea-spoonful of either of the liquids, according to the age and size of the child, is usually sufficient ; but where the injections are repeated often, let them be changed half the times for slippery-elm or milk and gruel injections.

RICKETS. — There is a disease sometimes manifest among children called Rickets. This is a consequence of original weakness in most cases ; yet it is said to be produced from other causes, as lying on damp places, unwholesome food, etc. The term is applied to a distorted or unhealthy condition of the bones ; and as the bones, as well as other parts of the system are nourished and supported from the blood, and as the blood is derived from food by digestion in the stomach, and as the stomach must be in a healthy condition to produce pure blood

from food, it is presumable that the stomach in this case is in a feeble or weak condition, and that before the disease can be removed the stomach must be strengthened ; to do which, emetics, tonics, and warm bathing must be resorted to in the early stages. Emetics once a week, warm bathing at night, daily, tonics during the day ; to very young children the spice-wood tea with milk and sugar is a very good tonic ; as the age of the child is increased, stronger tonics ought to be used, as poplar bark, Virginia or black-snake root, spice bitters, peruvian bark, etc. The poplar, dogwood and peruvian barks, pounded fine, and in small sacks or folds put in a jacket and worn next the skin, act finely as a tonic, and beneficial in this case—from an eighth to a full tea-spoonful of any of the above barks is a dose. Bathing in salt water, tepid or cold, of a morning, is a good tonic, where there is strength enough to bring about a reaction in due time, and it ought to be used ; when needed, relieve the bowels by injections.

FLUOR ALBUS ; *Lucorrhœa*, or *Whites*.—This complaint is most generally brought on from debility, falling of the womb or excess in venerea, but it may be brought on from various other causes tending to weaken the uterine functions, and is liable to occur at almost any stage of life, from the girl to the aged matron, but it most usually takes place after womanhood.

Treatment.—This disease requires tonics and bracing remedies. If the case has much debility with foul stomach, two, three, or four pukes given in strong bayberry and ginger tea, or composition, will be beneficial, after

which give bitters : bayberry or shumac, one part, and the same of poplar bark ; unicorn (not the star grass) and myrrh, one-third ; ginger, one half, and cloves, one-eighth ; cayenne, a smaller portion, all pounded fine, sieved through muslin and well mixed ; of this compound take a heaping tea-spoonful, with as much loaf sugar, in a cup half full of tepid water, before breakfast and before dinner ; at night take a tea-spoonful of the following compound : Mix equal parts of bayberry, beth-root and ginger, which is to be put in a cupful of boiling water, steeped till nearly cool, sweetened and drank on going to bed ; inject with a female syringe, once or twice daily, a very strong decoction of the following compound : witch-hazel, shumac leaves or bayberry-root, equal ; poplar-bark, of the root a little more, cayenne pepper, one-eighth ; this injection is to be used cool or nearly so. If there is much pain and weakness in the lower part of the back and hips, use a common strengthening plaster to the back ; this can be prepared by sawing up pine-roots that have been bruised in crossing the road, boiling and skimming and spreading on cloth until it is sufficiently covered ; if the discharges are acrid and offensive after the strengthening plaster has come off, or before it is put on, make a sack or pad to fit the lower part of the abdomen or belly, from the navel down, and extend to the sides ; two pieces of cloth are to be cut to fit, and of the same size, one piece to be thin and the other more thick, and sewed together, so as to leave little sacks about three-quarters of an inch apart, running cross-wise ; these sacks or vacancies are to be filled with a compound made of dogwood-root bark, made fine, tansy, dried and pounded, and peruvian bark, equal parts ; uni-

corn and star-grass, each one-fourth, the thin side applied next to the skin and fastened round the hips with straps, and if need be let a strap be applied from before and fastened behind ; let this be worn two or three weeks, and in some cases it had best be removed. Injections of composition to the bowels ought to be used when costive. Gentle exercise, cheerful company and nourishing diet are all good and necessary ; but not much walking on damp ground ; avoid as much as possible the predisposing causes. The beth-root and unicorn are important in this case, and the witch-hazel injections to the birth-place ought not to be omitted.

FALLING OF THE WOMB. — *Prolapsus Uteri*. — This and the foregoing disease are perhaps more common among the sufferings of women than any other strictly termed disease. It is most common among women who have borne children, yet others are not exempt from it. Women of a relaxed muscular habit are more liable to it ; heavy straining, rapid leaping or jumping, long standing, etc., are causes to produce falling of the womb. Improper conduct in forcing away the after-birth, and too early rising from bed after delivery, are perhaps the most common causes, and produce more extensive displacements than any other. Midwives and doctors sometimes want to do their work quick. Women sometimes love to, and are frequently advised to get up or sit up too soon, when they feel tolerably well, which ought to be guarded against. In the treatment of this complaint, if the system is feverish, with a furred tongue, give a puke one or two days, but let the woman have a bandage on when she pukes. Then take the following

compound (called woman's friend) : gum myrrh, unicorn-root, poplar-bark root, golden seal and bayberry bark, each four ounces, all finely pulverized and well mixed ; cayenne, cloves and ginger, each half an ounce ; add two pounds white sugar, all combined ; of this take a tea-spoonful in a cup two-thirds full of luke-warm or cold water twice a day ; rest, in a lying position, to a limited extent, is refreshing ; but this must not be indulged in to too great an extent—one-third of the day at different times is as much, perhaps, as will be found beneficial. The bowels must be relieved by injections, when costive, and not by purgative medicines ; charcoal, very fine, taken in composition tea, will frequently prove beneficial and prevent costiveness, taken in tea-spoonful doses. A very strong decoction of shumac, witch-hazel and bayberry used cold by injections to the vagina or birth-place, with a female syringe, is beneficial, to give tone and strengthen the parts. Oak ooze, strong with a little alum, is also good. This complaint is always cured for the time when pregnancy takes place. A pelvic jacket, or pad, similar to the one mentioned under the foregoing disease, the whites, exercises a powerful influence in strengthening the parts and aiding conception. Several cases where women apparently had ceased to breed, from this and the above disease, have improved and have borne children, and are doing well from this treatment ; the only difference between this pad or jacket, and the one above mentioned, is to add a fourth more unicorn and witch-hazel, equal to the first named ingredients—say dogwood, poplar, tansy, peruvian bark and witch-hazel, two tea-spoonfuls each (or two parts), and unicorn, one part, and star grass, one-half (or one-fourth part).

After child-birth, let the astringent injections, as above mentioned, with a female syringe, be used in particular, and the woman keep in bed for two or three weeks at least. Where pregnancy does not take place, let the pelvic jacket, as above described, be worn with a belt fastened in front, going over the birth-place and buckling behind, or *vice versa*, or else use a pessary, properly adjusted. The injections used to the birth-place ought to be made strong—say an ounce of the above compound, or of any one of the articles, to three half pints of boiling water, and steeped till cool, will perhaps be sufficiently strong.

CHANGE OF LIFE; or, *Cessation of the Menses*.—This usually takes place from the forty-fifth to the fiftieth year of age. It is generally viewed as a critical period of age. It is not, however, attended with as much danger as is frequently supposed; yet chronic affections do sometimes appear to originate in or from that change, and perhaps acute diseases may be a little more severe when occurring about that period; but on the other hand, it is frequently the harbinger of good health. The discharges sometimes cease almost all at once; sometimes more gradually, while with others they go off very irregular, both as to time and the quantity of the discharge. In some cases there will be a cessation for months, and then a rapid and powerful flow; and the dread that is often experienced augments the affection, and perhaps hysterical fits may be produced, or other nervous symptoms.

The treatment in this case must be according to symptoms: for nervous affections, give the anodyne drops in

half or full tea-spoonful doses ; for irregular and excessive flows, use astringents and tonics (see Excessive Menstruation) ; for the general health, take the lady's spice bitters or woman's friend, the lobelia pills after meals, and composition at night. Relieve the bowels by injections. If risings or any other form of disease manifest itself, treat it according to symptoms.

STEAM-BATHING AND INJECTIONS or *Enemas*.—Why these two very potent, simple, and harmless auxiliaries to the removal of disease have run into discredit and disuse is hard to solve or account for. Do the doctors not know their uses, or have prejudices arisen under some affected view of indecency? No such affectation is proper, for they may be attended to without putting to blush the most fastidious observer ; but if it were otherwise, why should we allow our fellow beings either to suffer or die, for fear of raising a blush to the cheek of the healthy? Such is false modesty, not worthy to be allowed among a Christian or an enlightened people. Steam-bathing may be resorted to with benefit, under almost any form of disease, especially in some of its stages, and in many cases it ought hardly ever be dispensed with. Many apparatuses have been constructed to give a steam bath, but where these are not at hand to give a steam bath, use a basin or a small tub, fill it three or four inches deep with hot water, place it under a stool or before a chair with a board across the top for the feet to rest upon, let the patient have his clothes off and a quilt wrapped around him from his neck down, and pinned or held so as to exclude the air from the body and retain the vapor. The

quilt or cover must go down to the floor incircling the tub or vessel ; the person giving the bath must then put a brick, or rock, or a piece of iron, previously made hot, into the vessel containing the water, being careful to raise the edge of the quilt, or other cover, and having the feet placed a little one side, if the vessel is in front of the chair, so as to let the heat escape, which arises from the first ebullition or boiling, and as soon as the heat is lowered so as to be borne, let the quilt gradually down, keeping the hand and bare arm under it so as to determine the degree of heat, and also to raise the quilt if too hot ; turn the brick over as it cools. The second, (or if it is a piece of brick or small rock) sometimes the third may be used before the patient gets off the bath, but in applying the second or third, observe the same precaution as to the degree of heat. While the patient is over the bath be sure to let him drink warm teas, such as composition, ginger tea, sage, mint, or catnip tea with ginger or pepper in it ; he may take a half pint or more while over the bath, but best taken at different times, say half a cupful at a time five or seven minutes between ; wet his face and temples frequently with cool water ; he may also drink a swallow or two of cool water, if he desires it, several times, and if there is much fever his breast may be wet with a cool wet rag or towel ; he may remain over the bath from fifteen to thirty minutes ; wipe dry and put to bed after the steaming is over ; drink warm teas, and apply a hot brick or rock in damp cloths to his feet. The steam bath is useful in the early stages of typhoid fever, pneumonia, pleurisy, bowel complaint, puerperal diseases of women, etc.

To give a corn sweat, fill a pot that will hold twelve or fifteen good large ears of corn with water and put the corn in it ; boil rapidly for one or two hours ; take the corn out while hot, and wrap about three ears together in several folds of cloth, and apply as hot as can be borne to the feet, legs, nates and sides of the patient, letting them go nearer to the patient as he can bear it ; when all are not used at once, let the feet have the preference and the nates next, etc. This kind of a sweat may be used advantageously where the patient cannot sit up.

ENEMAS or *Injections* are indicated in all cases where the patient is too weak, or it is thought not advisable to give purgative medicines, and the lower bowels need evacuation, and indeed perhaps in half the cases where purgative medicines are used injections would be preferable. Injections may be prepared of various substances ; composition tea with a half to a whole tea-spoonful of lobelia in it makes as good an injection as any other. A syringe that will contain eight or ten ounces, will be sufficient in most cases, and every family ought to have one kept in good working order. To use it let the syringe be drawn full and hold the point upwards, and push up the handle slowly, until it squirts the contents a little, this is done to push out the air before you insert it, and to ascertain whether it has filled itself or not ; if the handle goes up an inch or more before it squirts any of its contents you must put it in the liquid and draw again, and repeat the same course until you know it is nearly or quite full of liquid and emptied of air, it not being over blood heat ; you will then cover the pipe

point with sweet oil, lard, or cream, cause the patient to draw up his knees a little, and insert the point of the syringe with a very gentle, turning motion, until it is fully entered, keeping the syringe nearly in a line with the back, bearing the point, if any difference, slightly towards the front of the patient, then push out the contents with a tolerable degree of force, and as you withdraw the instrument, press the sides of the buttocks until the muscles can contract on it. Every head of a family ought to understand this operation ; it is simple, useful, and safe. The mucilage of slippery elm, soap-suds, syrup and water, or any herb teas, may be used for an injection.

MATERIA MEDICA,

Or an Account of such Medicines as are recommended in this Work.

It may be proper here to remark that roots should be gathered in the fall, after the tops are dry, or before the sap rises in the spring. Barks may be stripped at any time of the year, and the inside only used. Plants are best gathered while in blossom, yet many retain their virtue until they begin to wither. All or mostly all should be dried in the shade, and great care taken that they do not mould, and when thoroughly dry they should be kept close from the air.

UNICORN—*Helonias Dioica*—and called by various other names, as maiden's relief, grub-root, button snake-root, blazing star, devil's bite, etc. This little root possesses excellent tonic properties. The root as seen in this country is generally small, from a half an inch to an inch in length, and from a quarter, or less, to a half inch in thickness ; it is rough and sometimes crooked, and the lower, or older end, rots off, leaving the root blunt or like it was broken. From three to six leaves continue green all the winter, lying close to the ground, from two to four inches long in this country, but the root and leaves grow larger in other sections. In the spring it runs up a slender stem, sometimes a foot or more high,

and has a rather drooping spike of flowers of a dusky white three or four inches long. This root I have found to possess extraordinary properties in the treatment of the complaint in females called painful menstruation, so much so that I am not sure but it ought to be classed also in the list of nervines. The dose in this case is from one to two grains with a tea-spoonful of anodyne drops, in some sweating teas, repeated in from thirty to forty minutes. I do not recollect that this has ever failed in my hands at the third dose ; the second has more usually given prompt relief.

CAMOMILE—*Anthemis Nobilis*.—This garden herb is worthy to be cultivated ; the flowers are used ; they are good in hysterics, colics, cramps, etc. It is also used as a tea in which emetics are given to assist their operation ; used mostly in teas.

PARSLEY.—This is also a garden plant used in cookery. It is a valuable diuretic ; in cases of obstructed urine or difficulty in making water, make a strong tea and drink freely ; it is good in dropsy.

BITTER ROOT—*Apocynum Androsemiifolium*.—The bark of the root of this plant is a good laxative bitter ; take an ounce of the root and put it into a pint of boiling water ; let it stand an hour and strain ; two or three table-spoonfuls three times a day, will be a good laxative tonic. In a torpid state of the liver, this is a good remedy, it may be tinctured in good spirits for the same complaint, or for jaundice, two ounces of the root bruised, to a quart of spirits ; dose as above or enough to produce a laxative state of the bowels.

PRICKLY ASH—*Xanthoxylum*.—It grows in rich low lands, from ten to fifteen feet high ; the bark when chewed and swallowed produces a pungent or burning sensation, which seems rather to increase than diminish for a considerable time. . This is good in rheumatisms, and in an unhealthy state of the system, where it is subject to easily created sores ; it may be taken in infusion or decoction ; dose thirty grains to the half pint of water ; or it may be taken in tincture, two ounces of the bark to a quart of good spirits ; two or three table-spoonfuls a dose twice a-day.

BURDOCK—*Arctium Lappa*.—The burdock grows mostly in fence rows, the road-sides, etc. Its seeds are inclosed in a burr which sticks easily to clothes, etc. It has a large rough leaf, and goes to seed the second or third year ; the top dies in winter. The root of this plant is good in scrofulous affections. It may be used to assist to purify the blood, etc. Bruise the root and boil two ounces of it in a quart of water for thirty or forty minutes, sweeten with lump or loaf sugar, and drink a pint during the day.

VIRGINIA SNAKEROOT—*Serpentaria Virginica*.—Called black snake-root, etc. The stem is two to four inches high ; has a bunch of little fibrous roots, which is frequently dug by children to smell of. It is a good stimulant tonic, sudorific, etc. It may be used as a sweating tea ; three or four bunches of the roots to a cup of boiling water repeated two or three times during the day.

INDIAN TURNIP—*Arum Triphyllum*.—This root re-

cently gathered, is good in asthma, for cough and other affections of the bronchi or upper part of the lungs. It grows in swamps, or rich low lands.

MILK WEED — *Asclepias Syriaca*. — It is usually a single stalk and the leaves immediately opposite to each other ; grows two feet high and sometimes more ; has a long pod of downy seeds. The root is generally five or six inches below the surface and runs horizontally, or about the same distance from top of the ground for several feet, sending up occasionally another stalk ; the root usually about or nearly the size of the stalk. It is a good diuretic and with queen-of-the-meadow is very good for the gravel, taken either in tea or tinctured in gin ; a wine glass full three or four times a day.

BUTTERFLY WEED — *Asclepias Tuberosa*. — The butterfly weed grows in bunches mostly, and has a rough tap or long root growing downwards. The flowers are of a bright orange color. The stalks from a foot, to a foot and a-half high. This root has many excellent medicinal qualities. Its sweating properties perhaps are the most prominent ; it is also a good expectorant, and acts slightly upon the bowels. In colds, pleurisies and pneumonia affections, it is rarely excelled. Dose of the root (of the butterfly) in decoction, teaspoonful to half pint of boiling water, in substance finely powdered from two to four grains, repeated three or four times daily ; taken in tea.

WORMWOOD — *Artemisia Absinthium*. — This is a garden plant, perhaps worthy to be cultivated as a medi-

cinal plant. It is tonic ; good to medicate a sweating bath ; used in poultices, etc. It is thought to be good for worms.

GARLIC—*Allium Sativum*.—The bulb, or root, bruised and scalded in hot water, and applied to the bottoms of the feet is an excellent auxiliary to remove pain in deep seated cold, pleurisies and pneumonias. It may also be applied to the back, or seat of pain. (Onions may be used for the same purpose). It is said to be good for worms stewed in milk, an ounce to the pint, or bruised and applied to the stomach and bowels.

MYRRH, THE GUM—Is an excellent stimulant, tonic, and antiseptic. It may be used in powder or tincture ; three ounces of pulverized myrrh to a quart of alcohol, or good spirits, forms a good tincture. (No. 6 is called compound tincture of myrrh). In powder it is best combined with other tonics.

CALAMUS, SWEET FLAG—*Acorus Calamus*.—Grows in wet places (mostly cultivated or planted), and resembles the flag, but may easily be distinguished from the latter by smelling the leaf when broken. Calamus tea is good for wind colics, especially for children.

CAYENNE PEPPER—*Capsicum Annum*.—Cayenne pepper is among the best (if not the very best) materials or (native) stimulants now known ; it seems to be devoid of any escharotic qualities, hence its uses are very extensive. There are several kinds or species of red pepper, but all possess the same properties, the small kind

is usually esteemed the strongest, the strength being concentrated in a smaller compass. Pepper enters into many valuable compounds. That pepper corrodes the stomach and produces inflammation is too palpable a mistake to need any effort here to rebut. Witness the Mexicans in their hot, torrid region, living upon it as the basis of their daily food.

LADY'S SLIPPER—*Nervine, Valerian, Cypripedium*.—There are four varieties of the Lady's Slipper possessing much the same virtues. It is a good nervine taken either in tea or in substance ; a spoonful is a dose. It is the basis of the Anodyne Drops.

CHARCOAL—*Carbon*.—May be used as medicine when properly burned and finely pulverized and sifted through fine cloth. It is a good anti-acid and antiseptic ; in some stages of bowel complaints its effects are powerful ; dose, tea-spoonful.

WORMSEED—*Chenopodium*.—Called also Jerusalem oak. This plant is perhaps well known to every farmer. It grows in rich spots about old buildings, in fence rows, etc. The name of this plant indicates its uses. The seeds of this plant, when collected early in the fall after they are ripe, as well as an oil obtained from it, are used. It forms the basis, or is taken into almost every famed vermifuge extant in the country. The seeds powdered and taken in from twenty to forty grains doses in syrup or honey, before breakfast and at bedtime, for three or four days, will frequently remove worms ; sometimes it will be best to follow its use with a dose of oil ; the

dose is for a child two or three years old, give more for children five or six years old.

BLACK COHOSH—*Batrophis or Cimicifuga Racemosa*.—Called, also, rattle-weed, squaw-weed, etc. This is a good anti-spasmodic tonic and emmenagogue: dose in powder from ten to twenty grains; in tincture, from one to three spoonfuls; in tea prepared from an ounce of the powder to a pint of boiling water, from one to three table-spoonfuls, repeated every three or four hours or as circumstances may require. Over doses produce pain in the head, and sometimes great relaxation. An ounce of this root, the same of the root-bark of the white-ash or gray-head, and an ounce of gum-guiacum all finely pulverized and put in a quart of good spirits, forms one of the best preparations for chronic rheumatism, and especially lumbago (or rheumatism in the back) that I have ever used: from one to two table-spoonfuls a dose, repeated two or three times a day.

DOGWOOD—*Cornus Florida*.—The bark of this tree and especially the root bark, is an excellent tonic little if any surpassed by the peruvian bark. The dose of the bark recently dried, is from twenty to forty grains. This may be repeated several times to break up a chill. It may be taken in tincture, one to two ounces in a quart of good spirits—a wine-glassfull a dose; take according to circumstance.

BONESET—*Eupatorium Perfoliatum*.—The leaves and blossoms of the boneset are an excellent tonic, and sudorific or sweating medicine. A tea, taken warm,

aids the effect of an emetic ; taken in sufficient quantity will sometimes prevent the return of a chill. In typhoid fevers, the tea taken in half cupful doses several times a day is a good auxiliary remedy. It may be used in other cases of great debility.

QUEEN-OF-THE-MEADOW — *Eupatorium Purpurium*. Called also gravel-root. This weed grows in low rich land from five to seven or eight feet high, with a hollow stem, and the leaves come out round the stem in whirls having from three to five or six leaves in a whirl ; has a purple bloom which comes in the fall in a cluster on top. The root only is used ; the fibrous roots extend out two or three feet about the size of a broom straw. It is a good diuretic in cases of gravel, dropsy, or obstructed urine and affection of urinary organs, it acts well, sometimes giving prompt relief ; dose half a cupful, repeated several times in the day, prepared by putting an ounce the powdered roots in a pint of boiling water.

WITCH-HAZEL — *Hamamelis Virginica*. — Called also spotted alder, winter-bloom, etc. The witch-hazel grows in swamps and rich hamocks, from five to ten feet or more high ; in uplands usually small. It flowers in the winter, and the seeds ripen the next fall. The leaves resemble the hazel nut ; the seeds are black and smooth ; the leaves are mostly used, make a good astringent ; the bark is less astringent. This is a valuable medicine in case of hemorrhages (or bleeding from the lungs or other parts of the body). For bleeding from the lungs make a strong tea and drink freely. It makes a good

wash for old ulcers and purulent sore eyes. It is also a good wash for the mouth in salivations.

GOLDEN SEAL—*Hydrastis Canadensis*.—Called yellow root, etc. The golden seal is a powerful bitter tonic; it is a good remedy in cases of debility and loss of appetite; dose, a tea-spoonful in hot water, and may be sweetened if preferable. It enters into many compounds. Take before eating.

PENNYROYAL—*Hedeoma*.—This little plant abounds in many places, and where it abounds it scents the air with its grateful odor. The pennyroyal is a pleasant stimulant aromatic. It promotes perspiration, and excites the flow of the menstrual flux, or courses, when the system is predisposed to the effort. A large draught of warm tea is taken at bed-time, when used as an emmenagogue in cases of recent suppression of the menses.

BUTTERNUT OR WHITE WALNUT—*Juglans*.—The inner bark of the root of white walnut is a mild cathartic or purge, resembling rhubarb in its operation; it acts without debilitating the bowels to much extent, hence it is applicable in some cases of bowel complaints and costiveness. It may be used in tea, tincture or extract, not in substance; the extract is best. The dose of the extract is from five to ten grains, as a laxative, and from ten to twenty grains as a purge.

THE TULIP TREE OR COMMON POPLAR—*Liriodendron*.—This is one of the most beautiful and majestic trees of our forest. Its medicinal properties ought to be un-

derstood by every farmer. The bark of the root is preferable for medicine ; it is a stimulant tonic, and good to remove worms. In cases of general debility, or rheumatism it is a good remedy. It is best taken in tincture or substance. Boiling it is supposed to destroy its virtues. For worms in children take from five to ten grains of the finely pulverized root-bark, and mix with syrup or honey ; take on an empty stomach two or three times a day, for three or four days. (The bark of this tree is good for puny horses, which they will frequently eat green from the limbs or small trees. The bark pounded and put in meal is the way to give it when dry. No man need to be afraid to give poplar bark to his horses.)

HOREHOUND—*Marrubium*.—This little plant grows about yards, roadsides, and fences. This is a good tonic taken internally, or applied externally in baths. It is an excellent remedy in colds and bad cough. It may be taken in tea or candy. An ounce of the herb to a pint of boiling water, and taken in wine glassful doses, is a good remedy in cold. It enters into other compounds.

BAYBERRY—*Myrica Cerifera*.—Usually known as the swamp myrtle. This shrub grows from five to ten feet or more high. The upland or small myrtle possesses nearly the same properties. The medicinal properties of this shrub are extensive, but I am persuaded not as well understood by the profession generally, as their merits demand. It is doubtless one of the best astringent tonics and stimulants now known. Therefore, in chronic affections, especially where the stomach and bowels par-

ticipate to much extent, it is almost an invaluable remedy. Its powerful effects upon morbid secretions and its stimulant tonic properties, render its peculiar adaptation in chronic and low forms of disease manifest. It may be taken in substance or tea. It enters largely into other compounds. As a wash for old sores, sore nipples of women, and other abrasions of the skin, it can hardly be surpassed. It makes an excellent poultice for risings, but especially for scrofulous and venereal swellings is its effects most prominently manifest. It is not saying too much in my estimation for this medicine to call it an alterative of high merit.

THE WHITE POND LILY—*Nympha Odorata*.—This vegetable grows in ponds or eddy water, with a large broad leaf resting on the surface of the water, and bears a large beautiful white flower. The root of the pond lily is a useful article of medicine. It is a mild astringent tonic, useful in a weakened condition of the bowels, and valuable as a poultice. It is said the fresh juice of the root, combined with lemon juice, is good to remove freckles from the skin. It may be used as an internal remedy by drinking a tea of it freely. It may be combined with other bitters to form an astringent tonic.

LONDON POPLAR, QUAKING ASP—*Populus Trepida*.—The quaking asp is mostly grown for ornamental or shade trees. The leaves, from their peculiar construction, as well as the limbs of this tree, will manifest the slightest breeze. The bark of the root of this tree is one of the most valuable tonics, applicable in almost all

cases where tonics are needed. In bowel complaint, obstructed urine, etc., etc., it enters into the compound of spice bitters.

MANDRAKE—MAY APPLE—*Podophyllum*.—It has been said this is the only species of this genus.* It grows in rich low lands, has two large leaves deeply gashed. It grows a foot and a half high, and has a blossom coming out at the fork of the leaves. The roots spread out horizontally, and frequently form thick and large beds or patches. The root of this plant is one of the best antibilious cathartics. (The leaves are said to be poisonous, and the fruit good for food when ripe.) It may be used in tincture, powder or extract. The dose of the powder is from ten to twenty grains; dose of the extract from two to four grains. The root ought not to be used except in tincture until it has been thoroughly dried for eight or ten months. It is best to combine it with rhubarb equally, and one half red pepper, and take divided portions. Taken in this way it is applicable in all cases where a cathartic is needed.

WHITE SHUMAC—*Rhus Glabra*.—This species branches less than the other species of shumac; grows best in old fields, edges of fields, and fence rows. It bears a large thick cluster of beautiful red berries, used for dyeing, etc. The root-bark, leaves, and dust of the berries, are all good astringents, and in their general application, perhaps stand next to the bayberry. In bowel complaints, dysentery, diarrhœa, etc., where there is a

* Rafinesque says three species, *P. Peltatum*, *P. Montanum*, and *P. Callicarpum*.

scanty flow of urine, their virtues are marked with benefit, especially the berries and root. If for no other, in these afflictions, this medicine ought to stand high with every administrator of the healing art. The other species of the shumac are good astringents, and may be used in poultices, etc., with great benefit, but the white is considered the best.

CURLED DOCK, NARROW DOCK—*Rumex Crispus*.—The docks are mostly cultivated and their properties similar, and are good in afflictions of the skin, as the itch, and other pustulous eruptions. Wash with a strong tea. The narrow-dock is alterative, and hence good to purify the blood in all these cases. The rhubarb or broadleaf dock is said to be a laxative. They may be used in tincture or tea, and an ounce of the green root to a pint of boiling water.

SPICEWOOD — *Benzoin Odoriferum*.—The spicewood grows in swamps and rich low lands. It is five or six feet high, sometimes more. The bush may be easily known by its pleasant spicy smell and taste, which is manifest in the buds, berries and leaves. The limbs point out very small, and the blossoms appear before the leaves early in the spring; earlier than almost those of any other shrub of a similar size. This shrub possesses valuable sweating and tonic properties, gives tone to the stomach in disorders of the bowels, and is good in fevers as a sweating tea. I have found it to be peculiarly adapted to the disorders of children; too much reliance can hardly be placed upon this medicine in cases which are called hives in children, or where the stomach does not digest the food properly, or where chil-

dren have to be raised by hand, and in a word, in all cases of puny, weakly, or unhealthy children; make a tea of the twigs or thrifty young bark, sweeten it, and put milk in it, as you would in any other tea, and use it freely or as food. For very young children who have to be raised by hand, put nearly half milk. I earnestly and candidly recommend this to the notice of mothers and nurses.

PUCCOON ROOT, BLOOD ROOT—*Sanguinaria Canadensis*.—This root grows mostly in rich land, has one or two leaves, roundish or somewhat heart shaped, and a white blossom. The root is reddish outside, and when pressed gives out a blood-red juice. When dry and pounded fine, this root is sometimes beneficially applied, dusted on old sores to rectify and take off morbid secretions. Steeped in vinegar, or used with narrow dock, it is good for ringworms or tetter, and other hepatic affections.

BETH-ROOT, INDIAN BALM, ETC.—*Trillium*.—There are several species of the trillium, but it is said they possess nearly the same properties. They have a general resemblance in growth and shape. The stem grows from four to ten inches in height, with three equally-divided leaves at the top. The blossom comes out where they part; some red, some white and some purple, etc. The root resembles the unicorn root, being rough, wrinkled and short; but more oily when bruised. The beth-root is an excellent tonic astringent, antiseptic, etc.

It is useful in bleeding from the lungs, flooding, etc. It may be combined with witch-hazel for these purposes. A tea-spoonful of the pounded root either in tea or substance is a usual dose, half the quantity of lobelia added is sometimes more beneficial. The root and leaves

bruised are good in cases of poisoning from spider bites and snake bites. A poultice made of the roots, or leaves and roots, is an excellent application for carbuncles and other painful swellings. In all excessive female evacuations, as whites, flooding, etc., this article can hardly be surpassed.

SLIPPERY ELM—*Ulmus*.—Slippery elm grows in rich lowlands ; the tree sometimes grows to a foot in diameter ; the inner bark of this tree affords a medicine of as general application as any other known article, I presume. No person having a tree of it ought to suffer it to be killed if it could possibly be prevented. To preserve the tree alive, and yet to use it, do not cut off the limbs, nor skin the main trunk, but dig the roots ; be careful to cut no root nearer than three or four feet of the tree and dig it out to the last of the ends. For poultices, in bruises, wounds and swellings, with high inflammation, it can hardly be equalled. And is also excellent for internal uses. In no case, perhaps, but its internal use might be allowed, and in a large majority of cases with great benefit. In bowel complaints, pneumonia, typhoid fevers, etc., it is useful. The root bark is best ; when dry it should be kept close, preserved from the atmosphere.

LOBELIA INFLATA. — This article though one of the last mentioned, is one of the first in importance. Lobelia has been brought into general notice by the celebrated Dr. Samuel Thompson, who it seems must have been a natural philosopher in medicine or something like an inspired empirical practitioner. His many dis-

coveries as to the quality and use of medicines, together with the opposition he met in introducing these to public notice, has rendered his name familiar to almost every practitioner of medicine from the Lakes of Canada to the Gulf of Mexico, besides many beyond the seas ; and perhaps but few causes that have lent their aid to give his name such wide-spread fame over the world will be of more lasting honor to him than the discovery of the medicinal qualities of this little herb. One virtue alone of this plant I suppose has already sheathed the lancet, and prevented the shedding of more blood than the tyrant Nero caused to be shed in the city of Rome. I allude to its relaxing power. This power alone renders it peculiar and almost invaluable. It relaxes without enfeebling the vital principle ; hence it is one of the best family medicines for domestic practice ever used. This medicine is also entitled to stand at the head of the list of Emetics. It is a good sudorific (which is sweating) and nervine. The leaves, blossoms, and seeds possess the same property, but the seeds are the strongest. It may be used in powder, tincture, or tea, as boiling dissipates a part of its virtues. A large tea-spoonful of the tincture or powdered leaves is an ordinary dose for grown persons ; a little less of the pounded seeds, which may be repeated, if necessary. It is usually more effectual, taken in less doses frequently repeated. Take in tea or warm water. The extracted virtue, called lobelina, is in use. From three to ten drops is usually sufficient to operate as an emetic, but I do not consider it as possessing any advantages over the medicine in its natural state, for family use.

In the conclusion, I state from long experience and tol-

erably close observation, that this medicine, in its natural state, is devoid of any poisonous or destructive powers. I make these statements without the fear of candid contradiction from any person speaking from experimental knowledge. I have used the medicine in large and small doses, and have kept a patient under its influence constantly for a month at a time (in a case of constitutional syphilis) and not the least unpleasant symptom followed. In this case, the patient took from ten to twelve pills, of ordinary size, every twenty-four hours, and puked twice a week.

It is true the use of this medicine, particularly when the seeds are used, may be carried to a state of relaxation which may not be requisite, except in spasms or fits, and alarming to the beholder, yet no lasting evil has ever followed this state of relaxation that I have ever witnessed or read of, or otherwise heard of; but still this state is not usually requisite, except in fits. In cases of severe spasms or fits it might be prudent to produce relaxation even to this point, for as soon as this state of relaxation takes place the fits will cease, and, so far as my knowledge extends, do not return.

The plant grows mostly about the base of the Alleghany Mountains and Blue Ridge. It may be cultivated in this climate, (South-western Georgia,) but it requires moisture and shade to some extent.

RECIPES.

Formula for Anodyne Drops.—Simple tincture of nervine, four parts ; compound tincture of nervine, one part ; colic drops, one part ; diaphoretic drops, one part ; and essence of anise, one part. Mix together. Dose, from one to two tea-spoonfuls in tea or water. Sweeten if required. Good in cases of pain and nervous debility or restlessness. (Female weakness in particular.)

To Prepare the Compounds as above stated.—For simple tincture of nervine, four ounces of nerve powder (or the dried root of lady's slipper), put in a pint of alcohol ; digest ten days, shaking once a day. Press well and strain, and bottle tight. Tea-spoonful a dose, taken in warm tea. Good in nervous weakness.

For Compound Tincture of Nervine.—Nerve powder (or lady's slipper), five ounces ; liquorice root, five ounces ; gum camphor, one drachm ; all pulverized ; oil of anise, one ounce ; digested in one and a-half pints alcohol, ten days ; shaking once a day ; bottle tight. Dose, a tea-spoonful in tea. Good for pains in the chest or bowels and female debility.

For Colic Drops.—Cloves, one ounce ; cinnamon, two

ounces ; good ginger, two ounces ; spice, two ounces ; oil lavender, three drachms ; solid articles pounded, and all put in one and a-half pints of alcohol ; digest ten days ; strain and bottle tight. A tea-spoonful a dose, taken in warm tea. Good for colic, etc.

For Diaphoretic Drops.—Fine Myrrh, six ounces ; cayenne, one and a-half ounces ; digested in one and a-half pints alcohol, ten days ; shake often ; strain and bottle. Dose, tea-spoonful in tea or water. Good to produce sweat, etc.

To Prepare the Essence of Anise.—Put two ounces of the oil of anise to a pint of alcohol, and shake well.

To Make Compound Lobelia Pills.—Equal parts of finely pulverized lobelia seeds and cayenne pepper ; moisten with honey or syrup, work well and roll in flour or slippery elm. Make in common sized pills. Dose, from one to five or six ; taken mostly after meals, or at bed-time. This is a simple preparation ; but beyond all doubt one of the best family medicines ever used ; none will fully know or understand its virtues till they try it.

Tincture of Lobelia.—Pounded seeds of lobelia, three ounces, or of the leaves dried, four ounces to the quart of alcohol. Dose, from one to three fluid ounces for a grown person ; for children, from a half or less to a tea-spoonful. The tincture of lobelia is a good expectorant, taken in broken doses barely to nauseate.

Syrup of Lobelia.—Take the powdered leaves of lobe-

lia, say two table-spoonfuls, and put four table-spoonfuls of warm water just below boiling heat, put in a tea-cup or other earthen vessel, place it as near the fire as will nearly or quite retain the heat, but not raise it, let it stand for three or four hours, then press and strain, then dissolve a table-spoonful of brown sugar in it when cool. From five to ten drops a dose for children. This is a good expectorant for children in croup, worms, etc.

The Compound Preparation of Lobelia—Take an ounce and a half of pounded lobelia seeds and the same quantity of pounded red pepper, and a heaping tea-spoonful of nerve powder (lady's slipper), put in a pint of the tincture of myrrh, or No. 6. Dose, from one to two tea-spoonfuls. (It should be corked tight and kept from the light.) It must be taken in tea or water, and may be sweetened, if preferable. This is a valuable medicine in asthma, severe colics of every form, and a powerful antidote against poisons, as arsenic, strychnine, snake bites, etc. In snake bites apply it externally and give it internally. This is called the third preparation of lobelia.

To Make good No. 6.—A pound of good gum myrrh, finely pounded (which ought to be done in cool weather, or a little at a time), and an ounce of cayenne pepper, put in a gallon of alcohol, or fourth-proof spirits; digest in a warm place ten or fifteen days, shaking often. No. 6, designed to be used in bowel complaints, would be best prepared in good cogniac or French brandy. No. 6 is a good family medicine when prepared properly; but much of that sold in shops is nearly worthless. No one

can prepare good No. 6 without good materials. It is good in colics, first attacks of bowel complaints, dyspepsia, etc. It is also good for wounds, bruises and fresh cuts. It ought to be kept in every family. Two ounces diluted in a quart of water will cure colics in horses, and the scours; sometimes a second portion may be necessary, but rarely more than the second dose is ever needed. It is almost infallible.

Composition.—To make good composition, take two pounds of bayberry, one pound good white ginger, one-eighth of a pound each of red pepper and cloves, all pounded fine and well mixed and sieved together. Dose, a tea-spoonful to a tea-cupful of boiling water. Steep twenty or thirty minutes, pour off and sweeten to suit the taste. Good in colds, dyspepsia, and other disorders of the stomach and bowels. It is as harmless as coffee. It is a good substitute for spirits for those who wish to break off from a habitual course of dram-drinking; best taken at night when going to bed. To take composition and be out in the weather, take it in cold water in substance. (Mix and drink all down). Other ingredients may be added according to circumstances. If it is desired to make it more sweating, add a tea-spoonful of butterfly-root; if you wish to relax and produce expectoration, add half a tea-spoonful of lobelia, etc.

Anti-bilious Pills.—Take two ounces rhubarb and mandrake (or may-apple) each, a half ounce each of cayenne pepper and podophyllin (which is the concentrated extract of the mandrake); mix and make into common sized pills; from three to six a dose.

Rhubarb, two parts, and cayenne pepper, one part, makes a good pill for habitual costiveness ; take enough to move the bowels slightly. Take at night.

To make Spice Bitters.—Take equal parts of the root-bark of the common swamp poplar (*Liriodendron*) and the root-bark of aspian poplar, ginger, golden seal and bayberry, two pounds each ; cinnamon, one pound ; cloves, one pound ; cayenne and prickly-ash bark, each half a pound, all finely pulverized, and ten pounds of loaf sugar. Mix and sieve through a fine sieve. The dose is a tea-spoonful in either cold or tepid water. This is a good strengthening tonic ; good in cases of general debility.

Ladies' Spice Bitters.—This is prepared by adding to the above formula, one pound each of unicorn root and finely pulverized myrrh. This is well adapted to cases of female debility. Taken as the above, and may if necessary be taken two or three times a day.

Neutralizing Mixtures.—Take equal quantities of rhubarb, salærated, and the pounded or dried leaves of peppermint, each forty grains, all put in a half pint of boiling water ; steep until cool, then sweeten well with loaf sugar, and one or two table-spoonfuls of good brandy. Dose for a grown person, a table-spoonful ; for a child, a tea-spoonful. To be taken and repeated every twenty, thirty, or sixty minutes or less, as circumstances may demand. This is a highly valuable preparation for cholera-morbus, summer complaints of children, bowel complaints, etc. Its action is usually decisive and almost infallible. It is a good family medicine, but there must

be more spirits added to prevent its fermenting or souring after it is prepared, and then not so good when there is much fever.

Cough Mixture.—Take of the root-bark of the ball-willow (a shrub that grows in the edges of water-courses, ponds and wet places, and has a ball that resembles the sweet gum balls; the shrub grows five or six feet high, crooked, rough and ugly, and the bark, particularly of the root, very spongy and tough and slightly bitter), and the dried leaves of horehound (if green, half as much more) and fat lightwood splinters, each an ounce; simmer in three gills of water to a half pint; when taken off, add sixty grains of lobelia; and when cool, strain and add two table-spoonfuls of good No. 6, or anodyne drops, and sweeten well with honey. Dose, one or two tea-spoonfuls; to be taken from one to three times a day. This is one of the best preparations for deep-seated or long-standing coughs I have ever used; and in cases of not confirmed consumption, may be relied on with a good deal of certainty.

Diuretic Decoction.—Take of the queen-of-the-meadow-root, milk-weed root, dwarf elder-bark, spear mint (and juniper berries, if convenient), bruise in a mortar and make a strong decoction. Dose, a tumblerful, to be taken several times through the day. This is good in gravel, and sometimes in dropsy, etc.

Watermelon-seeds and Parsley-root made into a tea is a good diuretic. Drink freely in all cases when the urine does not flow as freely as usual and pain is produced.

Liniment.—Put two table-spoonfuls of pounded lobelia seeds in a three-ounce vial, fill it with alcohol, and put in the same quantity of red pepper ; digest ten days, squeeze and strain, then add half an ounce of spirits of turpentine and a tea-spoonful of the oil of sassafras ; apply with a feather or rag. It is good for lumbago, pain in the back or rheumatism.

Vermifuge.—Castor-oil, one pint ; wormseed oil, two ounces ; spirits of turpentine, one ounce ; oil of anise, half an ounce ; mix and shake well before using. Dose, a tea-spoonful once a day for three days ; if it does not operate, take a dose of castor oil.

In the body of this work, the author has recommended no medicine but such as he considers safe and innocent ; and it is believed as efficacious as any remedies now in use. Lobelia inflata has been pronounced narcotic by some doctors, and therefore unsafe but in very “ minute doses.” This opinion, I hesitate not to believe, has been formed from other sources than experimental knowledge. The podophyllin may sometimes, when taken in over doses, prove too drastic ; but used as directed, will rarely if ever have this effect. I will now give some cautions : It is best not to give cathartic medicines when the stomach and bowels are irritable and possessed of much acid ; first quiet and cleanse the stomach, and neutralize the acid, and then, if necessary, give mild cathartics. In no instance give irritating or drastic cathartics in pneumonias, pleurisies or other affections of the lungs in the early stages ; or any other diseased organ whose mucous surface far exceeds in proportion its muscular or fibrous

and circulatory dimensions. Observation for a length of time has proved to me, that in pneumouia particularly, this course is wrong. For several years before I quit the practice of medicine, whenever I was called to a patient laboring under that form of disease, and who had taken a full dose of strong medicine, as it is improperly called, I looked for a severe case, and rarely found it otherwise. For many years since I have dropped the practice as a profession, I have observed the same, and have been confirmed in the opinion as to the results of such a course. (I know it is not uncommon to charge the liver as in default in almost all cases of disease ; and mercury, in some of its preparations, is esteemed the best and perhaps the only potent agent for that organ ; and from this view, the practice of giving mercury as a cathartic has run to a too common and unjustifiable a practice. I do not believe the liver is subject to as many foibles as it is often charged with. I cannot see any reason why its failure should be at the root, or the root itself, of almost every disease. But admit it to be very subject to faults, yet this does not justify force to be applied for every failure ; how many instances under daily observation has occurred where this organ would be pronounced at fault, yea, sometimes considerably so, and with the natural means of food, air, water, exercise and rest, it has been restored to a normal or healthy state ? Does not reason then tell us there is, or should be, many mild agents to occupy between the natural restorative power and this potent agent ? If there are, then this common notion of blue-massing and calomelizing of every form of disease, simply to aid the liver, ought to cease, at least to one-tenth or one-hundredth time of its use,

especially as danger follows its use.) Although observation goes very far to establish this truth, yet the *modus operandi*, or the manner in which this evil is brought about, may not be so easily demonstrated. I will give my views, but not claiming for them infallibility :

The mucous membranes are doubtless among the most important organs of the system (including the skin as the most external surface) to throw off disease ; this membrane is, in some sense, considered continuous, or a whole, though of different departments and textures, therefore its nervous relations are close and vital. When any organ therefore having a great extent of mucous surface is affected, it requires all the energies of its co-relative members to aid the mucous membrane of that organ to free it from oppression. To weaken these energies is to help fasten the disease. The lungs being a very important, delicate, slender, fibrous organ, with a large extent of mucous surface, whose office is to organize the blood, when they are affected their mucous membrane requires all the sympathy, energy, and uninterrupted aid of every member immediately connected with them ; every mucous membrane should act as aid, not a detriment. To excite the mucous membrane of the bowels by cathartics, would doubtless prove some loss to the nervous energies required ; and more especially if there is much morbid or poisonous matter to be pushed through the bowels, which to a greater or less extent will be taken up and thrown into the circulatory apparatus, and, as a consequence, fall again upon the lungs, and prove oppressive. The lungs being already unable to perform their ordinary functions, this poisonous or morbid matter, not being thrown off in any ordinary channel, settles perhaps upon the brain,

and thus deranges the whole nervous system. Sleep is driven away, restlessness prevails, and quietude, which is so essential, is destroyed. The nervous relations are so close and strong, with such exquisite sensibilities to excite those of a more healthy organ, they seem to act with an interposing influence to prevent aid going to a diseased organ ; hence, when two or more important organs are diseased at the same time, the danger is increased in proportion to the vitality of the organs and the extent of the derangement.

Thus to excite the mucous surface of the stomach and bowels with irritating cathartics, seems to check the secretory and excretory powers of the lungs, so that a copious and easy expectoration can rarely be aroused by medicine ; neither is the function of perspiration augmented to a relief point, even if it be not depressed ; so these two most vital powers (expectoration and sweating), so necessary for the relief of pneumonia, are not aided by cathartics, but rather weakened or depressed. And other organs similarly situated in like manner. I submit these views to the patient and practitioner, hoping if the philosophy of them are not so readily perceived, they may at least prompt to a more close and thorough observation of these facts.

POISONS.

When a person is bitten by a poisonous reptile, as a snake or spider, and a remedy is not at hand, let the limb, leg or arm, be corded sufficiently tight so as to stop the circulation of the blood as much as possible, until some remedy can be applied. Apply to the part bitten lobelia in any form it can be had ; if it be the leaves or seed, let red pepper be combined with it, moistened in spirits or vinegar or water ; if that is not at hand, apply spirits of turpentine, hartshorn, red pepper or mustard moistened ; beth-root is a good remedy ; let the patient take large doses of the compound preparation of lobelia, No. 6, or red pepper and whiskey, or any other spirits made strong with pepper. A table-spoonful of the compound preparation of lobelia is a dose ; to be repeated several times, thirty minutes apart ; the No. 6 in larger doses and the spirits in gill doses ; the latter may be drank to the amount of a quart in twelve hours ; the quantity to be taken depends upon the severity of the poison and the prostration of the patient ; don't let the pulse sink if you can help it ; the use of No. 6, or spirits or ginger, pepper or composition tea, may be required for a day or two or longer. After symptoms are manifested for the better, slippery-elm and pepper, made into a poultice, may be kept to the place bitten ; if neither

the lobelia, No. 6 or spirits are at hand, nor hartshorn, drink strong pepper tea in half-pint doses often repeated ; if no pepper is at hand, use ginger if it can be had ; use tonics as the patient recovers ; unicorn is a tonic very good in this case in any stage ; it is itself a pretty sure remedy in mild cases.

SPIDER-BITES.—Most of spider-bites may be relieved by applying the compound preparation of lobelia to the place bitten, and often repeated. When that cannot be used, or it is not sufficient, use the best remedies at hand recommended under snake-bites. The black spider, with a red or white spot underneath, is the most poisonous kind known in middle or lower Georgia ; and when a person is bitten by one of these, strong remedies, early applied, is best ; make no delay to apply the best stimulants, both externally and internally. As the poison is not inserted so deep as that of a snake-bite, the pain is not so severe at first, nor is danger so apparent, but if not checked, the pain increases and danger becomes very apparent ; apply the compound preparation of lobelia to the bite, or hartshorn or spirits of turpentine ; drink composition tea with lobelia in it or spirits and pepper.

BEE-STINGS.—Bee or wasp, yellow jacket or hornet sting is readily relieved by an application or two of the tincture of lobelia, No. 6 or the compound preparation of lobelia. When not at hand, use pepper and spirits made strong.

Poisons from concentrated acids, such as nitric acid, sulphuric acid or muriatic acid. When any of these

have been taken in portions calculated to destroy life, give magnesia, chalk or soap-suds, to neutralize the acid, and puke as soon as possible ; the puke is best of lobelia in large doses ; a tea-spoonful or more at a time, repeated until thorough puking is effected ; ipecac or mustard may be used, and if neither is at hand, drink large doses of warm water, and run a finger or feather down the throat to excite puking.

When poisoned from caustic, potash or lime, or any powerful alkali, give vinegar or lemon juice, or the white of several eggs, beat up in warm water, may be taken, and puke immediately, as directed in poison from acids. The white of eggs is a good antidote for corrosive sublimate ; let the stomach be filled.

The treatment for arsenic is to puke as quickly as possible and as thoroughly as possible ; then use pure stimulants to restore to health ; such as composition, No. 6, ginger tea, etc. Slippery-elm tea, taken freely, and pure tonics.

Poison from any narcotics, such as opium, the nightshade, Jamestown weed or (Gimpson weed), etc., are to be relieved by puking, as directed above, and stimulants to overcome its effects ; give strong coffee freely, ginger tea, composition tea or No. 6.

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